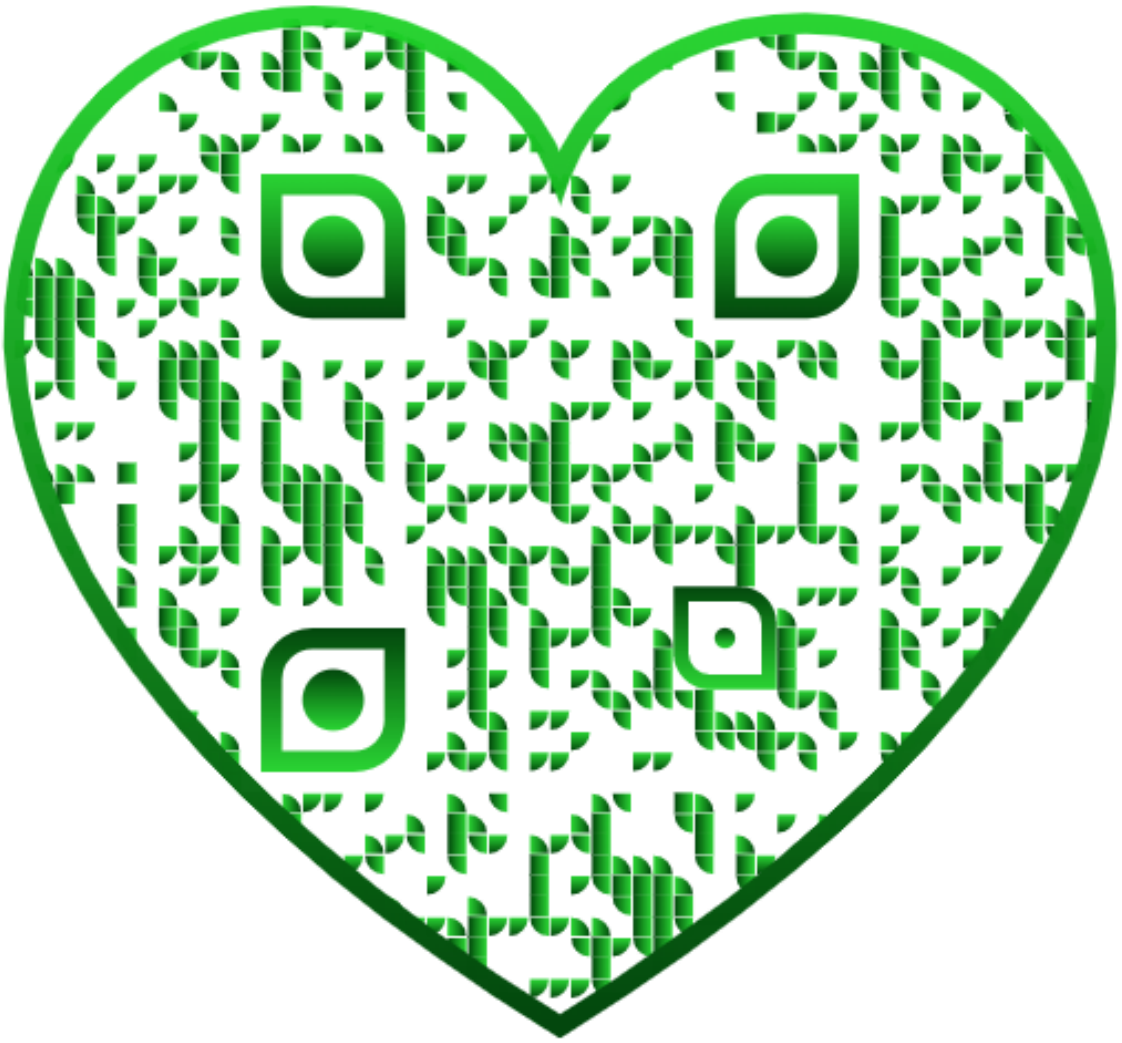
VIRTUAL REALITY HYPNOSIS

ADVENTURES IN THE MULTIVERSE

DON E. GIBBONS, PH.D. AND KELLEY T. WOODS



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Just as reading a textbook on surgery will not make you into a surgeon, merely reading a book on virtual reality hypnosis will not make you into an expert in the use of these techniques. No one should attempt to utilize this very powerful technology who is not properly qualified to do so by virtue of his or her formal training and experience.

The case studies included in this book refer to real clients but names and other identifying features have been altered to honor confidentiality.

We express our deepest gratitude to

Professor Stephen W. Hawking

whose research in Cosmology and Theoretical Physics
provided the rationale for Virtual Reality Hypnosis

and to our many amazing clients

whose courage provided us with the
awareness of what VRH can accomplish.

TABLE OF CONTENTS

	Introduction: *The Hawking Revolution*	
Chapter 1	**Suggestion: The Genie in the Bottle** The Great Eavesdropper	
2	**VRH: Adventures in Becoming** Hyperempiria and Virtual Reality Hypnosis Mindful Hypnosis	

	The BEST ME Model	
3	**Pre-Launch Preparations** All of Us are Unique Pre Talk Utilization	
4	**Taking Off** Inductions Deepeners	
5	**Voyage to the Center of the Multiverse** Rainbow to the Multiverse Absorption and Ego Strengthening Return from the Multiverse	
6	**Healing Space in the Multiverse** Emotional First Aid The Bottom of the Sea Aurora Borealis Losing a Part of Oneself	
7	**Transformations** The Overview Effect How to Eliminate the Need for “Will Power” The Impending Loss of a Spouse Virtual Reality Marijuana An Adjunct to Psychotropic Medication Multiversal Therapy of Depression Weight Loss Updating Helpful Programs	
8	**Time Distortion in the Multiverse**	

	Creating a Different Past Story Remembering the Future For the Love of Reading Turning Back the Clock of Time	
9	**Mystical Experiences** Prayer and Religion Re-Energizing a Mystical Experience My First Apparition Two in One	
10	**Love in the Multiverse** Making Love in a Parallel Universe This Enchanted Evening and Other Recipes Multiversal Love The Unfolding Rosebud Love on the Beach ALL Therapy is Hypnosis	
11	**Getting Better and Better** Test Anxiety Olympic Gold The Therapeutic Alliance Dancing in the Multiverse	
12	**Out of Body Experiences** When the Body is a Prison Playing with Dolphins Where, O Death, is Now Thy Sting?	
13	**Space Metaphors for Comfort** Ground Control Room	

	Virtual Reality Poetry Instead of Pills Sea of Love	
14	**Self-Directed Virtual Reality Hypnosis** The Hypnotist as Personal Trainer Self-Directed VRH Guide Clouds in Another Universe Age Regression Template	
15	**Conclusion and Beginning** **Journey to the Multiverse Recording**	
	Bibliography	

Introduction

The Hawking Revolution

We've come a long way since the days when everybody “knew” that the world was flat and the Sun revolves around the Earth...but most of us don’t realize exactly *how* far we have come. World-renowned physicists such as Stephen Hawking are now talking quite seriously about the existence of alternate and parallel universes, in which everything that *can* happen actually *does* happen.

For example, when Professor Hawking was recently asked what he thought about teenage heartthrob Zayn Malik breaking the hearts of millions of girls by leaving a popular rock group, he urged the questioner to pay particular attention to the study of physics because, in the near future, we may know enough about parallel universes that a teen fan can discover that she is living in a parallel universe in which she is actually *married* to this man.

Presently, you don't have to *live* in an alternate or parallel universe to have the *experience* of doing so. In this book, we explain how to use the BEST ME Technique in Virtual Reality Hypnosis to change people's lives dramatically for the better. We do not take all of our clients on trips to an alternate or parallel universe, but the technique is useful enough to serve as a profitable addition to our procedures, as the rest of this volume will show.

Of course, a high degree of imaginative ability is necessary in order to derive the maximum benefit from Virtual Reality Hypnosis; but this is not as difficult as it might at first appear. Little children have no difficulty in turning themselves into a monster or a fire engine, for example, at a moment’s notice. With a bit of patient leading, most people can regain this childlike ability to momentarily turn fantasy into reality. Those involved in the movie industry describe this phenomena as “suspending disbelief” and it’s a skill that many already use unconsciously when occupied with reading a good book, viewing a movie or playing with technology.

By eliciting this effect and adding in our evolved adult ability to conceptualize, in hypnosis we can then create and access a limitless number of resource states, in an unlimited number of parallel universes, in which anything that we are able to imagine actually does take place. Infinity? No

problem. Eternity? Check.

"*Hold infinity in the palm of your hand, and eternity in an hour…*"

Hang on, Folks, here we go; let us serve as your interstellar guides to the Multiverses that await...

Chapter One

Suggestion: The Genie in the Bottle

To paraphrase Charles Dickens in another context, "*One thing must be clearly understood, or no good can come from this story that I am about to tell.*" Suggestions don't have to be provided by someone else in order to be effective. They can also arise out of our own assumptions about who and where we are, and what is going on around us.

As Western culture began to adopt a more scientific orientation in the latter part of the eighteenth century, Franz Mesmer, a Viennese physician, became intrigued by the little-understood properties of magnetism and began to experiment by drawing magnets along the bodies of his patients. Mesmer's patients, of course, "knew" that the learned doctor was using a very powerful scientific technology which was going to help them.

And because they believed that something powerful was about to happen, these people began to go into convulsions and faint in response to this "power" - although a modern reader would instantly recognize that the "power" they were feeling was actually the power of suggestion. When they regained consciousness, some of these patients actually appeared to have been at least temporarily "healed" of illnesses which today we would probably refer to as psychosomatic (Gibbons, 1979, pp. 4-5).

According to Lynn & Kirsch (2006), "*Mesmer frequently magnetized young women with his hands. As described by his contemporaries, the woman sat with her knees pressed firmly between the thighs of the mesmerist, who applied pressure to her 'ovarium,' while stroking her body until she began to convulse.*"

This was referred to as 'making passes' and according to Binet and Fere (1888, p. 11), "*Young women were so much gratified by the crisis, that they begged to be thrown into it anew.*"

Not surprisingly, Mesmer's claims of "healing" were met with a healthy dose of skepticism by the Viennese medical establishment. He then moved to Paris, where the intellectual climate was much more open. But Mesmerism was not welcomed by the French without question. In Paris, his operation involved seating patients around a large wooden tub, or *baquet*, which was filled with ground glass and iron filings; the patients grasped protruding iron handles while Mesmer strode among them and touched them with a wand.

In order to investigate the claims of Mesmer and his followers, the French government appointed a blue-ribbon commission, chaired by Benjamin Franklin, who by that time had been appointed as the American ambassador to France. Through the careful use of a series of experiments based on concealment and misleading evidence, Franklin's commission was able to "… *effectively demonstrate that hypnotic phenomena depend on people's beliefs about the procedures being used, rather than on the procedures themselves."* (Lynn & Kirsch, 2006, p. 12).

One day, after Mesmer had "magnetized" an elm tree on the estate of one of his followers, twenty-three year old mentally challenged Victor Emmanuel was brought to stand under the tree in order to obtain the benefit of its "healing rays." Not really understanding what was happening, and even though he remained standing, he dozed off. Others standing nearby, apparently believing that the "power" had changed, promptly did the same - and this was the beginning of the "sleeping" form of the hypnotic trance.

In other words, like Mesmerism, hypnosis was also a historical accident which, this time around, was "*first manifested by people who were imitating the behavior of a retardate, who was too stupid to realize that he was supposed to go into convulsions, and went to sleep instead!*" (Gibbons, 1979, p. 5). James Braid named this new phenomenon "hypnosis," after the ancient Greek word *hypnos*, meaning "sleep."

It was soon discovered that hypnotized people are able to respond much more easily to spoken suggestions, and that spoken suggestions could be used both to bring about and end a hypnotic experience.

In the twentieth century, beginning with the work of Clark Hull (1924), psychologists began to regard suggestibility as a trait of personality which could be measured in much the same way that we might measure intelligence. They concluded on the basis of their research that the ability to respond to

suggestion follows a normal, bell-shaped curve, with some people at the high end, some people at the low end, and the majority bunched up somewhere in between (Hilgard. 1974; Hull. 1933: Shot & One, 1962).

Hypnosis then came to be regarded as a “non-deceptive placebo” (Kirsch, 1994), to catalyze positive change in a wide variety of clinical applications, manifesting itself in an increased probability of a successful outcome if an induction has been provided (Gibbons & Lynn, 2010).

Now let's imagine a college classroom filled with students listening to a lecture, when a stranger bursts in and says in a voice fraught with emotion, “*There's an active shooter in the building! Everybody under your desks and don’t make a sound until they give you the all clear. NOW!*” The stranger then disappears as quickly as he had come, while the entire room, including the professor, huddles under their desks, gripped with fear.

Now, suppose that this had all been a prank - a cleverly designed suggestion, which was intended solely to upset people. What about all that research showing that individuals ought to respond to suggestion differently? In the real world, if a suggestion is presented plausibly enough, individual differences simply vanish!

In this volume, we are going to show you how to release the Genie of Suggestion to serve you in many ways which have previously not been imagined, for the facilitation of personal growth, the ennoblement of the human spirit, and the enrichment of human existence. You will receive detailed instruction on how to not only implement these exciting Virtual Reality Hypnosis techniques for others, you will be able to instigate effective results for yourself!

The Great Eavesdropper

It has been posited that while the subconscious processes are protected by a psychological barrier commonly referred to as a *critical faculty* (keep in mind that all of these metaphors are just that…metaphors), this protection can, even in adults, be breeched. Theory surmises and evidence supports that belief systems are particularly easy to access and manipulate during our formative years, usually up until the age of eight or so, depending upon the individual and their situation. This is why one can tell a small child about the Tooth Fairy and they will run to look under their pillow.

Now, these imprints can come from many sources and be in many forms: people of influence such as parents, teachers, clergy, media and cultural icons, etc., are constantly inputting ideas and impressions that flow easily into a young child's psyche, becoming part of the roadmap they will use throughout life.

At some point in a child's development, a protective and discerning barrier forms, screening out suggestions and ideas that don't resonate or fit with current imprints and impressions. Mention the Tooth Fairy to a teen and they will likely smirk and demand, "*Just give me the money!*" But, if the teen's admired peer suggests that they drive fast or get a beer, their response may be more positive!

So even for older kids and adults, that psychological wall can be transgressed and the belief system can be manipulated, rearranged and otherwise updated. Hypnotic trance states ease this process and most people are surprised to learn that they are already adept in engaging in these states. Typical examples that we share with our clients include how:

- They feel when they get engaged in a good book – perhaps they don't even hear their spouse telling them that dinner is ready.
- They can drive on a familiar route and arrive, realizing that they weren't paying conscious attention.
- When watching a good movie, they laugh, cry or otherwise emote with the characters…effectively *suspending disbelief* over the fact that those are actors, with a film crew off camera.
- When they attended a rock concert, they got lost in the beat and flow of the music.
- As they sit at the seashore, watching the waves move in and out, they are easily lulled into a comfortable state, forgetting all of their daily concerns.

During the above situations, the conscious thought processes are temporarily suspended or otherwise distracted, resulting in a sense of rejuvenation that may include phenomena of time distortion, renewed energy and a lessening of discomfort in general. Many chronic pain sufferers mention that when they are engrossed or distracted by something else, they forget to remember their pain.

It's a simple matter of eliciting and taking advantage of responsiveness to

these very natural states of physical and mental being that creates and supports consistent healing responses. This is also true when it comes to dealing with the unhelpful thought and feeling patterns that contribute to suffering.

One of the mistakes many people make is failing to realize what a great eavesdropper their inner mind is; we tend to spend more time thinking about what we are afraid might happen rather than what we *want* to happen. The imagination doesn't necessarily place judgment on thoughts, feelings and experiences but instead reacts to them, often in conflict with conscious desires.

You can look at it this way: it's been said that worrying is tantamount to praying for something bad to happen. Prayer *is* a form of auto-suggestion and manifests in many ways. We use Virtual Reality Hypnosis to help a client structure and experience an alternate way of living for the relief and pleasure it provides but also because this helps lay down a blueprint, a template, for improved life experience.

When we guide a client to experience a comfortable, joyful and even euphoric journey into the Multiverse, we are directing their subconscious mind to sustain the benefits and even help create the desired outcomes. And, since the brain and nervous system become entrained to repeated exposures, we encourage that they experience these wonderful things, over and over again, whether in our presence or on their own.

Chapter Two

Virtual Reality Hypnosis: Adventures in Becoming

> *"Now I'll give you something to believe. I'm just one hundred and one, five months, and a day."*
>
> *"I can't believe that!"* said Alice.
>
> *"Can't you?"* said the Queen in a pitying tone. *"Try again: draw a long*

breath, and shut your eyes."

Alice laughed. *"There's no use trying,"* she said. *"One can't believe impossible things."*

"I daresay you haven't had much practice," said the Queen in a pitying tone. *"When I was your age, I used to do it for half an hour a day. Why, sometimes I used to believe as many as six impossible things before breakfast!"*

~ Lewis Carroll, *Through the Looking Glass*

Using the theoretical model of Alternate and Parallel Universes developed by Professor Hawking and others, we would like to offer you six "impossible things" which many scientists now regard as quite believable - even if you *have* had breakfast!.

1. If you are also living in a parallel universe which exists prior to your present life, Professor Hawking and his colleagues have provided us with scientific support for **reincarnation.**

2. If you are also living in a parallel universe which exists after your current life, Professor Hawking and his colleagues have provided us with scientific support for **pre-incarnation.**

3. If you are also living in a parallel universe which exists in roughly the same time frame as your life now, they have provided us with scientific support for **co-incarnation**

4. If you are living in a parallel universe in which you are living several different lives at the same time, we now have scientific support for **multi-carnation.**

5. If you are living in a parallel universe in which you possess a set of genes which is partly yours and partly that of another person, we now have scientific support for **inter-carnation.**

6 If you are living in an *alternate* universe, in which the laws of physics are different from those we experience on Earth, we now have scientific support for **exo-carnation.**

Taken together, these six concepts provide scientific support for the existence

of the **Multiverse,** or the Universe of All Possible Universes, in which anything that *can* happen actually *does* happen.

Experimental research aimed at hypnotically retrieving information from alternate and parallel universes, however, has thus far been shown to be factually unreliable. Many alleged examples of reincarnation have been clearly debunked and we have not yet been able to place the few glaring exceptions into a logical, cause-and-effect framework which would enable us investigate them in accordance to the scientific laws which operate in this universe.

Lynn and Kirsch, for example, in their 2006 book, *Essentials of Clinical Hypnosis: An Evidence-Based Approach,* flatly state: "*In summary, hypnotically induced past-life experiences are fantasies constructed from available clinical narratives about past lives and known or surmised facts regarding historical periods, as well as cues present in the hypnotic situation.*" (p.204)

But what about the few glaring exceptions? If there are an infinite number of alternate and parallel universes in which the laws of physics as we know them do not apply, then *it is to be expected* that we would not be able to investigate many questions about the paranormal using the laws of cause and effect which operate in our *present* universe. We can still debunk a lot of false ideas, but the glaring exceptions which remain appear to be as puzzling as ever.

However, we are easily able to sidestep this problem using Virtual Reality Hypnosis, which enables us *act, think, and feel as if* **any** set of circumstances we can imagine is actually happening… somewhere.

So how can we make constructive use of Virtual Reality Hypnosis?

Most people are familiar with Charles Dickens' tale, *A Christmas Carol*, in which the miserly Scrooge is visited by three spirits - the Ghost of Christmas Past, the Ghost of Christmas Present, and the Ghost of Christmas Yet to Come. Together, these spirits show him the evil of his ways and what manner of death awaits him if he does not change. As he beholds his own tombstone and witnesses the tawdry merchants haggling over his belongings, Scrooge implores the Ghost of Christmas Yet to Come, "*Tell me if the means be departed from, the ends be not fixed!*"

By way of response, he suddenly finds himself back in his own lodgings. Realizing that he is free to live the rest of his life as he chooses, Scrooge turned into a lovable old man who "knew how to keep Christmas better than anyone."

If Dickens had written this story in the twenty-first century instead of the nineteenth, Scrooge would probably have made a series of visits to an *experiential hypnotist*, who would show him how his life might turn out differently in a variety of parallel and alternate universes.

In keeping with recent advances in our understanding of psychology, however, instead of "scaring the Dickens" out of him, the hypnotist would use *reward* rather than fear as an incentive. The experiential hypnotist would allow Scrooge to experience a wide range of exciting and rewarding lives in alternate and parallel universes, which would provide him with more than enough incentive to change his ways.

A Buddhist client who was being treated for Dissociative Identity Disorder (formerly Multiple Personality Disorder) resulting from numerous childhood traumas, once observed, "*In Tibetan Buddhism, you choose your parents for what they can teach you. I must have had to learn an awful lot!*"

But in a multiverse of infinite possibilities, using Virtual Reality Hypnosis, we can select meaningful, growth-enhancing events from an unlimited number of past, parallel, or future lifetimes. With sufficient training, it should be possible to make progressively more accurate intuitive choices concerning the nature and types of events which we need to experience in order to assume a greater degree of voluntary control over our own karmic destiny, thereby changing our present lives incalculably for the better.

It cannot be overemphasized that Virtual Reality Hypnosis may be applied in any setting in which mechanically-based systems of virtual reality are currently used, with potentially much greater effect. The examples presented here are not merely drawn from our professional practices, but from our personal lives and from the lives of our friends as we set out to explore together their life-enhancing potential. We invite you now to join us in these adventures in becoming!

Hyperempiria and Virtual Reality Hypnosis

Although hyperempiria literally means hyper-experience, most people who are familiar with the concept still think of it as it was originally conceived: as an induction based on suggestions of increased alertness, in contrast to a traditional hypnotic induction based on suggestions of drowsiness and sleep. In his online blog, however, Don has pointed out the role of suggestion-enhanced experience in such diverse areas as falling in love, being “saved” in a revival meeting, or falling under the sway of a totalitarian dictator.

Now, under the new paradigm of parallel and alternate universes made possible by recent advances in physics, we can conceive of a hyperempiric trance as one which involves a journey to the Multiverse, the Universe of all possible Universes, in order to directly bring about fundamental changes in the structure of the human personality.

“FDD - Fun Deficiency Disorder,” a term coined by Michael Ellner, is basically caused by losing our ability to experience feelings of pleasure and enjoyment. Watch the faces of the people passing you on any city street, or the drivers who go rushing by in their cars, or perhaps even when you catch a glimpse of your own reflection in the mirror…you might notice a look of grim determination rather than one of relaxation and enjoyment.

One way that FDD can be alleviated is by hypnotically traveling into the Multiverse through a rainbow of delight and absorbing strong emotions associated with each band, merging into an ocean of ecstasy in the center of the Multiverse itself, and returning the way you came, moving through the bands in reverse order and bringing these positive feelings back with you in order to keep more in touch with positive emotions in your daily life.

This script also contains suggestions designed to positively improve your schema, or your fundamental beliefs about the self, the world, and the future which cognitive behavioral psychologists tell us constitute the very core of the personality. Suggestions for time distortion have been included to enhance its overall effectiveness and, prior to its conclusion, suggestions for getting a good night's sleep have been included as a parting gift.

Here's how it works. Every fully-formed rainbow contains the same seven colors, in exactly the same order: red, orange, yellow, green, blue, indigo, and violet. Don researched these colors to ascertain which emotions are associated with each one, chose the emotion which appeared to be the most useful in restoring a positive attitude, and composed a Virtual Reality

Hypnosis script for a voyage to the Multiverse which would enable the client to experience each of these emotions as intensely as possible. (You can easily remember these colors by thinking of the acronym, “Roy G. Biv.”)

The center of the Multiverse is defined as an infinite ocean of ecstasy and delight, comprised of all of these colors blended into one. In Virtual Reality Hypnosis, hyperempiria refers not only to a mind-expanding induction procedure but to absorption into the Multiverse, which is perhaps the most powerful suggestion-induced mind expansion of them all.

The specific benefits of these journeys are framed within a set of ego-strengthening suggestions, embedded within a background of infinite, boundless happiness and joy, to make them even more effective.

Additionally, most people today think of the ego as the self, rather than merely the problem-solving part of the personality, which is the more traditional Freudian view. To facilitate expectations of permanent change, therefore, the pot of gold at the end of the rainbow was defined as the priceless treasure that your life will become as you continue to explore these alternate and parallel universes in the future.

The scripts for transitioning, absorption, and return from the Multiverse may be preceded either by a traditional hypnotic induction and deepening or an expressly hyperempiric or “alert” induction, allowing one to first go “down” into hypnosis and then “up” into hyperempiria, depending upon the preferences of the hypnotist and client.

The segments describing each band of the rainbow, the details of blending with the Multiverse, and the concluding topics at the end of the series should be regarded merely as a series of talking points, to be either minimized or elaborated upon to suit the needs and preferences of the client as determined by their presenting problem.

Since most people suffering from anxiety and/or depression tend to regard themselves unfavorably in one way or another, we usually like to share our conviction, both during the suggestions towards the end of their multiversal journey and in conversational observations afterwards, that their highly gifted imagination places them in the forefront of human evolution, as one of a small number of people who are capable of using the powers of their mind to experience life in more than one universe at a time.

"*Not that we actually go there,*" we are quick to point out, "*but we can have the experience of doing so, and that's just as good.*"

Mindful Hypnosis

Just as the general public may have the perception that being hypnotized involves being "knocked out" or otherwise senseless, asleep or in a coma, many hypnotists falter under that belief, too.

In actuality, there is a wide spectrum of responsiveness when it comes to levels of conscious awareness during a hypnotic experience. We have found it to never be static, but more like a shifting band wherein clients are acutely aware of their presence in our company at times and then so distinctly disregarding us that they forget to remember they are actually in hypnosis.

While forgetting to remember can be healing in many ways, interactive and engaged activities have just as much, if not more, potential for helping any number of ailments.

Kelley, along with her partners in HOPE Coaching, Ellner and Barsky, coined the term, *Mindful Hypnosis*, to describe the engaged, relaxed, yet aware state that empowers a client with the ability to actually *fix himself.* This approach is congruent with client-centered therapy and results in a person who not only is provided a fish but is also taught how to fish.

The value of having a rich and full memory of Virtual Reality Hypnosis cannot be understated; many clients want to linger in the afterglow of these experiences and even claim that, for days and weeks afterward, they found their minds daydreaming back into them. In a later chapter, we note how our clients often experience permanent shifts in attitudes and behavior that are similar to "The Overview Effect" enjoyed by astronauts upon returning from orbit of the Earth.

As mentioned, one of the primary points of utilizing a Mindful Hypnosis approach is to teach a person a skill set that they can use to further improve. Neuroscience continues to reveal the plasticity of the brain and the body in general (bio-plasticity); re-structuring neural pathways in helpful ways is effective when it comes to forging permanent and lasting improvements.

The BEST ME Model

At this point in time, we have been able to use mechanical systems of virtual reality to extend the range of our physical senses, principally sight and hearing. In the current edition of the American Psychological Association's *Handbook of Clinical Hypnosis*, Steve Lynn and Don Gibbons describe the use of Don's technique of multimodal suggestion to involve one's *whole person* in the content of an experience, using the simultaneous application of suggested changes in **B**eliefs, **E**motions, **S**ensations and physical perceptions, **T**houghts and images, **M**otives, and **E**xpectations, which may be collectively referred to by the acronym, BEST ME.

The BEST ME Technique (Gibbons, 2001) is a method of suggestion-enhanced experience which enables those who are properly trained in this procedure to experience now, in the present and in concentrated form, the rewards and satisfactions which would not normally be theirs until a goal has been achieved. This in turn can provide the motivational fuel to pursue whatever goal we may have chosen, no matter how distant or difficult that goal might otherwise appear.

Each element of the BEST ME Technique corresponds with a dimension of experience (Beliefs, Emotions, Sensations and physical perceptions, Thoughts and images, Motives, and Expectations); and these elements can be combined in a variety of ways.

You will notice throughout this book, the BEST ME Technique can be used to as part of a comprehensive program to enhance performance in academics and other areas, such as athletics, music, dance, and theater or as part of a program to lose weight, or to become a non-smoker, or to rid oneself of other forms of addiction.

The suggestions are presented in B-E-S-T-M-E order for the sake of illustration; but in actual use, BEST ME suggestions may be repeated in any order and varied and repeated as often as necessary in order to maximize involvement with their content, much as one might repeat the verses and choruses of a song. Since they are intended to insure comprehensiveness, BEST ME suggestions are not conceptually "pure," and each suggestion may contain elements of the others.

Rather than memorizing a specific set of suggestions or reading them to the client as a script, Don usually counts out the steps of the BEST ME Technique on his fingers while improvising an induction or a therapeutic

suggestion, going back and forth to make sure that he has adequately covered them all. This gives more freedom to customize suggestions to better meet the needs of each individual, and to use their body language to gauge the speed and content of delivery. Flexibility with the process allows us to craft a unique experience for not only our clients, but also for ourselves.

The incentive value of the BEST ME Technique can be further enhanced by pre-experiencing the rewarding results of other situations related to the goal, such as celebrating at a graduation party with friends and family, or relaxing on the deck of a cruise ship on a much-deserved vacation after the degree is actually in hand. It is also helpful to pre-experience the rewards of sub-goals along the way, such as doing well on an upcoming major examination, or enjoying the semester break, secure in the certain knowledge that one is on the way to an inevitable success.

Instead of merely picturing a setting in the mind's eye, as in meditation and visualization exercises, the BEST ME technique enables us to paint upon the canvas of human experience practically any masterpiece we desire...including the experience of living in an alternate universe! You will see specific examples of how we incorporate BEST ME throughout this book, making it easier for you, too, to include it in your own Virtual Reality Hypnosis experiences.

Chapter Three

Pre-Launch Preparations

All of Us Are Unique

Before we can consider taking a client into a parallel or alternate Universe, as in any other form of therapy, "*clinicians should ...tailor their approach to the unique personal characteristics and agenda of each client they encounter.*" (Gibbons & Lynn 2010, P.291).

Once we have given sufficient consideration to each individual's personality and uniqueness, we can then script their life into a different narrative which, if it is sufficiently meaningful to them, will enable them to follow the new path instead of the old one.

For example, a nurse Don used to work with in a screening center asked him to hypnotize her to stop smoking, which he was happy to do. She mentioned that one of her high school teachers used to hypnotize her regularly (apparently as a demonstration subject in his classes), so it was clear that she was imaginatively gifted.

There was not time for the usual stop-smoking program that Don uses, with three visits and all the rest. But, knowing her as he did, it was clear that if she was ready to stop she was going to do so, with hypnosis providing the necessary catalyst regardless of the time and format which were available – so Don just gave her the usual stop-smoking suggestions, with the usual repetition and elaboration.

Don told her that her desire to smoke would vanish, that the cues which would normally awaken a desire to smoke would no longer be effective in doing so; that she could not be suddenly surprised by taking a cigarette without thinking of it; and that she would feel strong feelings of pride, achievement, and accomplishment at the fact that she had become a non-smoker.

To his consternation, the next day, when Don asked her how she had done, she informed him that she had gone home and smoked an entire pack of cigarettes! But six months later, when he casually mentioned something about her smoking, she said, "*Oh, I haven't smoked since the time you hypnotized me.*"

"*But didn't you go home and smoke up a whole pack?"* Don asked her. "*Yes,*" she replied. "*And then I stopped."*

Having worked side by side on the same unit with her for quite some time, Don realized why she had responded the way she did. Her approach to

authority was basically confrontational. In her everyday work environment, she made it obvious to everyone around her that, *"Nobody's going to tell ME what to do!"*

So, when given suggestions under hypnosis that she was going to stop smoking, her life narrative required that she had to first go home and deliberately smoke up a whole pack just to prove that Don wasn't telling HER what to do. Then, once she had made the point to her own satisfaction, she could comply with his suggestions because she was *ready* to change.

Giving up resistance paves the way for change and often it's easier to just stop trying so hard and allow oneself to trust that things can happen when they are supposed to.

Pre-Talk

Most people are already primed for our work - merely by engaging in the idea of utilizing us, their inner mind has been pointed in a specific direction and they are automatically seeking out affirmation that what they are about to do will be helpful. By the time they call us to inquire about our services, they have effectively built their own trance-set and it's primarily a matter of making a meaningful connection that seals the deal with us.

We won't spend time in this book on how to convert a phone call or email from a potential client into a paying client who shows up but we will give you a hint: help them suspend disbelief! From your very first contact, your pre-talk begins. What you say, what you don't say, and how you do that is vital in creating expectation and belief that will be utilized throughout all of your sessions, so it's important to create a powerful and consistent presentation when it comes to explaining your particular flavor of therapy.

And, since even seasoned experts in the field of hypnosis can't seem to fully agree on how to define hypnosis, you may want to focus on your own unique perspective, which is based on how Virtual Reality Hypnosis can work for you and those you are helping.

Conventional practitioner training usually focuses on how to teach a client what hypnosis *isn't*, forgetting the power of negative suggestions. When we

are the ones to bring up ideas of *not* losing control or *not* getting stuck in hypnosis, we are basically introducing these ideas to a person's subconscious or, at the very least, confirming them! We prefer to use the following explanation and conclude with, "*Do you have any questions or concerns before we proceed?*" And then, of course, we address any concerns that may be presented at that time.

Believe it or not, one of the things we usually ask someone is whether they need to use the bathroom before we begin the "formal hypnosis" – a full bladder can keep them from really relaxing! We also ask them to turn off their cell phone and let them know that if, during the session, they need to shift position or scratch an itch, or sneeze or cough, that's fine; it won't interfere at all with what's happening in their experience.

Kelley goes so far as to mention that if they notice their conscious thoughts getting distracted by sounds in the room, or in the building or even outdoors, that can all remind them that this world is going on normally around us…and they can bring their attention back to the sound of her voice. Lots of people who are new to the idea of hypnosis worry that they "won't be able to do it", so helping them normalize the idea of what "it" actually is, while keeping some of the mystique, is our goal.

Since belief and expectation are key required ingredients in any recipe for therapeutic success, we are sure to consider how to foster them in our pre-talk. In fact, the chances are high that merely because you are investing your time in reading this book you have a higher-than-typical expectation that playing with our idea of adventures in the Multiverse will be beneficial.

Your belief that this will happen can come from a variety of sources – we don't really care how you came to this belief but we do care about harnessing it to help you develop mastery in using our ideas when helping others…or yourself! You will find that the many case studies and examples contained in this book will continue to build and strengthen even *more* belief in the concepts we are presenting.

Utilization

Imagine you are listening to an audible story while driving to work one morning. The story begins to describe a character that is meant to be endearing, yet you notice that her name is Ethel. It just so happens that you

were bullied in grade school by a girl named Ethel and, when hearing her name, you instantly cringe inside, forgetting that you are driving your car, listening to a made up story.

Conversely, imagine that the story's character was named Sofie, which also happens to be the name of your best friend in high school with whom you shared many wonderful moments. In this case, you listen carefully to the story, expecting to like this new character who has such an appealing name!

Similar unique responses can occur when we use suggestions of places, time periods and even sensations. Some people may be comfortable in warm sunlight, while others are more sensitive; the idea of water can be soothing to some and threatening to others.

While we can't read everyone's mind and be able to predict with 100% accuracy which details will resonate and which will detract from the hypnotic experience, we can certainly elicit some of them in advance from our partner. Before providing specific suggestions involving people, climate, surroundings and sensations, we often ask if there are any that hold an aversion, along with any that might help make the experience even better.

Kelley worked with a woman who mentioned how the sound of birdsong in the morning made her feel safe and then used that suggestion to deepen the sense of security she found in the Multiverse. Another person recalled how the action of petting her purring cat would instantly soothe her and so Kelley brought the cat along for the ride!

You can increase the effectiveness of Virtual Reality Hypnosis with just one single, resonating word or idea – consider it like a key that opens yet another access to the Multiverse.

Chapter Four

Taking Off

Anyone who is hypnotized is experiencing a reality which is parallel but not identical to the reality of those around him, and is able to actualize additional virtual reality suggestions with relative ease.

Let this personal story from Don get us started…

> Hypnosis is neither as difficult nor as mysterious as it might appear. The first time I ever hypnotized anyone, I was in the tenth grade. I had been reading a few books on hypnosis from the local library. When I finally saw an induction on television, I realized how easy it was. At school, I started saying that I knew how to hypnotize people, and I soon had my first volunteer - a skeptical seventh grader.
>
> "*Aw, you can't hypnotize me, that's all a bunch of baloney!*" he said.
>
> *"Well, if you cooperate and follow the instructions, by the time I get to the count of ten you'll be under,*" I told him. (That was a "waking suggestion", of course. It was how one of the books I had been reading said that you should handle a "skeptical subject.")
>
> *"Well, I will!*" he replied, with the same determination he had expressed a moment before.
>
> In response to my invitation, he sat down on a low stone wall and closed his eyes. A large group of people gathered around.
>
> Using a method of induction which I later learned was called "progressive relaxation" (but which one of the authors I had been reading astutely referred to as *compounded conviction*), I began the induction by first instructing my seventh-grade volunteer to relax. "*Just think of your arms, relaxing, and your legs, relaxing, and your entire body relaxing completely."*

Then I changed the wording slightly, to imply that the induction was beginning to work. "*You can feel yourself relaxing now. You can feel your arms relaxing, and your legs relaxing, and your entire body relaxing completely*."

After talking to him like this for a minute or two, I then changed the induction a bit more. "*You can feel a heavy, relaxed feeling coming over you. You can feel yourself relaxing very deeply now, relaxing deeper and faster and deeper and faster all of the time.*" (Of *course* he could! He was relaxing voluntarily, as I asked him to do. But my suggestions were worded in such a way as to suggest that the hypnotic induction was beginning to take effect.)

Once he had accepted these suggestions, moving on to the next one was easy: "*Every word that I utter is putting you into a deep, sound sleep,*" I intoned in my best imitation of a "hypnotic" voice, repeating these and other similarly-worded suggestions over and over, well beyond the point of boredom in an ordinary conversation.

Finally, it was but a small step to suggest, "*Now, you are resting comfortably in a deep, sound sleep - a deep, sound sleep, and going deeper and faster, and deeper and faster, all of the time, until I bring you out.*"

He had a short haircut, which never seems to go out of fashion. To demonstrate to the crowd that my volunteer was indeed hypnotized, I told him that I was going to count to five, and by the time I got to the count of five he would not be able to feel anything in his scalp, no matter how hard I pulled. I counted from one to five, with suggestions between each count that his scalp was becoming numb and that he was losing all feeling in it. Then, I repeated that I was going to pull his hair, but he would not feel a thing as I did so. I tugged on his hair hard enough to make a seventh grader say, "*Ouch.*" There was no response.

Suddenly, a twelfth grader stepped up - a "big guy". And before I could stop him, he had grabbed hold of just a few strands of the seventh grader's hair, and pulled so hard that I thought he was going to pull his hair out. Still there was no response. I woke him up, by telling him, "*I'm going to count from one to five, and by the time I get to the count of five you'll be wide awake and feeling fine. One. Beginning to wake up now.*

Two. Waking up more and more. Three. Soon you will be wide awake, and feeling fine. Four. Almost awake -- almost awake. Five. Now you are wide awake, and feeling wonderful."

He opened his eyes and looked at me with a dazed expression, briefly answered a couple of questions about how he was feeling, and then melted away into the quickly-dissolving crowd.

"You hit it just right," a colleague told me recently, when I told him this story.

"Yes," I agreed. "*But in every decent-sized audience, there are enough people who respond just as well as my seventh-grader did, that stage hypnotists are able to make a living finding experientially gifted volunteers without having to resort to bribery or deception, no matter how bizarre their stunts may appear. And when I used to do demonstrations of hypnosis in my psychology classes, there would occasionally be someone who would even be able to respond to a* ***negative*** *visual hallucination - to see a piece of chalk floating through the air, for example, and not see me carrying it over to where the volunteer was seated.*"

But what in the world is going on? How is it possible to get some experientially gifted people not to feel pain, or to see something that isn't there, or not to see something that is there, in less than five minutes, just by *talking* to them?

There are literally hundreds of ways to "hypnotize" people; and entire books have been written on this subject. New methods are being devised all the time - so many, in fact, that it is easy to see that the only thing which they have in common is that they all plausibly present the idea (either directly or indirectly) that a person's consciousness is beginning to function differently.

When this is recognized, the manner in which an induction operates becomes equally clear. If you were to walk up to a person who responds extremely well to suggestion, ask him to close his eyes, and matter-of-factly state that by the time you got to the count of five he could open them and see you wearing a Santa Claus suit and hat, he would surely think that you are crazy. And if such a suggestion should actually happen to "work," he would surely think that *he* was crazy! But if you first asked him to close his eyes and suggested with sufficient plausibility that he was "going into hypnosis," and

then you told him that by the time you got to the count of five he could open his eyes and see you dressed like Santa Claus, such a suggestion could be accepted much more easily because it would have become more credible.

Hypnosis, then, provides both the opportunity and the occasion for people who are able to use their imagination in an "Alice-in-Wonderland" frame to go ahead and do so. All the rest depends upon the ability and willingness of the hypnosis partner to comply with the instructions and suggestions he or she is given.

When you are hypnotized, you are still *you,* with the added suggestion that you are in now in hypnosis. In the modern workaday world of adult life, we need what Michael Ellner has called the "transformational magic" of an induction because the pull of conformity is so powerful that we simply do not recognize that we can use our imagination in ways that other people might consider to be so bizarre! As Kelley has pointed out elsewhere, young children have no trouble instantly changing themselves into a monster or a fire engine at a moment's notice, especially when parents encourage this kind of imaginative involvement. We don't *learn* to become high responders in hypnosis. We *un-learn* it!

In order to realize how we can deny abilities that we do *have*, at least as children, let's consider how it is possible to deny an ability that some of us *lack.* Some people never realize that they are color blind. They grow up seeing various shades of gray, and learn to get along in a world in which abilities shared by the rest of their fellow human beings take for granted. Now let's consider the opposite. What if we are capable of mental feats that most of the population simply does not believe is possible? WE wouldn't believe it either!

When you were a little child, did you sometimes get so absorbed in your play that you didn't hear your mother's voice calling you in for dinner? In hypnosis, that is termed a *negative auditory hallucination* and is indicative of a very high level of suggestibility. Did you ever discover a bruise on your body and realize that you must have been so absorbed in something that you did not pay any attention to the injury when it occurred? In hypnosis, that is akin to *suggestion-induced anesthesia;* and entire surgical and dental procedures have been performed without the use of chemical anesthetics. Many other instances could be cited of the existence of "hypnotic"

phenomena in everyday life.

With 99% of the same genetic makeup as our closest simian cousins, the chimpanzees, there is little doubt that our evolutionary development has been lopsided. We have highly developed frontal lobes, which enable us to formulate lofty ideals and distant goals; but all too often our emotional centers, which respond to immediate gratification, prevent us from achieving them. For centuries, determinists have argued that human beings do not possess a free will because we are not free to choose our own motives.

With experiential hypnosis, however, it becomes possible to pre-experience the rewards of distant goals now, in the present when they are most important for motivation, vastly expanding our range of choices regarding which motives to strengthen, and making it much easier to live up to distant goals and ideals which have heretofore been difficult, and sometimes impossible, to achieve.

The challenge facing all of us is to make to make the fullest use of the imaginative abilities which we have, but have been loath to recognize. This book will show you how.

Inductions

There are literally hundreds of scripts available for the induction of hypnosis. They vary so much in content and method that the only feature which they seem to have in common is that they all contain the suggestion that the subject's consciousness is beginning to function differently. All the rest depends upon the subject's imaginative abilities, and the willingness to follow the instructions and suggestions which he or she is subsequently given.

We think that pre-written scripts are great! It’s the dependency on them and lack of flexibility and/or customization that can be problematic. We both collect and use a wide variety of wonderful scripts because we know that they are a source of creative metaphors, language patterns, experience, and other wonderful things that we may never come up with ourselves. In fact, sometimes we can get the sense that we are *channeling* the essence of some of our esteemed colleagues when we are using their ideas in our work. What a great reminder that we are all in this together!

This being said, we strive to avoid just reading a script and instead take the essence of it, customizing for the person in our presence. Being an attentive, responsive hypnotist means that we are getting out of our own head and connecting with our partner…reading by rote does not allow this. You can pre-read a script and refer back to it to keep your flow going, if necessary, but please stay with your hypnosis partner.

Don likes to keep his hypnosis scripts on Google Docs, which he can access and edit from his cell phone ad well as from his laptop. Although he has been using hypnosis for decades, after the client's eyes are closed, he begins the induction from memory and quickly locates the script he needs without sounding like he is reading. This enables him to maintain the style and eloquence of a script that has been polished over the course of many years, selectively emphasizing, adding, and omitting various points as desired without omitting anything important.

The following progressive relaxation induction, based on the imagery of relaxing on the beach, is one which most clients seem to enjoy and is one of the easiest to learn and to use.

- **Progressive Relaxation Induction**

  Just imagine that it's a nice, spring day, and that you're lying on a soft comfy blanket, on a sandy beach, by the side of the ocean. If you accept each detail of the situation as I describe it, without trying to think critically, your imagination will be free to allow you to experience the situation just as if you were really there.

  I'm going to count from one to ten, and by the time I get to the count of ten, you'll be resting comfortably in a deep, sound state of hypnosis. So just relax, and listen to my voice as I begin the count from one to ten.

  One...You can feel the warm sand beneath the blanket on which you're lying, and you can feel the gentle breeze blowing across your body, cooling you to just the right temperature, so that all you want to do is just keep drifting, and dreaming…and floating...on...and on...and on.

Two...You can hear the sound of the waves gently crashing upon the ocean shore. You can hear the sound of the gulls in the distance, and you can savor the freshness of the pure salt air, as you feel a heavy, relaxed feeling coming over you. You can feel your arms relaxing, you can feel your legs relaxing, and you can feel your entire body relaxing completely. As I continue to count, and continue to talk, every word that I utter will carry you faster and deeper, faster and deeper, down and down, into a deep, sound, peaceful state of hypnosis.

Three…You can feel your entire body relaxing now...relaxing deeper and faster, and deeper and faster, all of the time.

Four…Sinking down, and shutting down...sinking down, and shutting down...sinking down, and shutting down...Shutting down completely. And the deeper you go, the deeper you are able to go. And the deeper you go, the deeper you want to go, and the more peaceful, and the more relaxing, and the more enjoyable the experience becomes.

Five...Sinking and relaxing, and sinking and relaxing, deeper and faster, deeper and faster, all of the time. Relaxing so very deeply now that you can just let yourself go completely, as you continue drifting down and down, into a deep, sound, blissful state of hypnosis.

Every word that I utter is carrying you faster and deeper, faster and deeper, down, and down, and down. And the deeper you go, the deeper you want to go, and the deeper you go, the deeper you're able to go, and the more peaceful, and the more beautiful, and the more enjoyable the experience becomes.

Six...Relaxing so very deeply now, as you continue drifting on and on, into a deep, sound sleep, a deep, sound sleep.

Seven…Sinking down and shutting down. Sinking down and shutting down. Sinking down and shutting down, shutting down completely.

Eight...And the deeper you go, the deeper you want to go. And the deeper you go, the deeper you're able to go. And the deeper you go, the more peaceful and the more relaxing and the more enjoyable the experience becomes.

Nine…Sinking down, and shutting down. Sinking down, and shutting down. Sinking down, and shutting down. Shutting down completely.

Ten…Very deeply drifting, in a deep, sound state of hypnosis. And the deeper you go, the deeper you want to go. And the deeper you go, the deeper you are able to go. And the deeper you go, the stronger the effects of my words become.

- **The Balloon Ride Induction**

This induction may either be used by itself, or it may be presented at the conclusion of a traditional relaxation and deepening induction which allows the partner to first go “down” into hypnosis, and then “up” into hyperempiria. Still others may prefer to use a conventional induction and deepening procedure before transitioning to the Multiverse.

As Steve Lynn so eloquently put it in his summary of the induction chapter in the American Psychological Association's Handbook of Clinical Hypnosis, the nature and success of a particular induction is less important than the pre-hypnotic talk and the client's responses to it, and the personality and unique characteristics of each individual client we encounter.

Now, with your eyes closed, imagine that you are sitting or lying inside the basket of a large balloon. If you accept each detail of the scene as I describe it, your imagination will be free to allow yourself to experience the situation just as if you were really there. So just let yourself relax now, in that large wicker basket, with the balloon above you slowly filling up with helium.

It is a beautiful spring day. You can smell the sweet, fresh air of the surrounding meadow, laden with the gentle fragrance of wild flowers. You can hear the soft rustling of the grass around the basket, and the song of birds in the distance. And as you feel the gentle breeze upon your face and the warm sun upon your skin, the balloon will begin to rise. And the higher you go, the greater your sensitivity will become.

I'm going to count from one to ten, and at the count of one the balloon will begin to rise. And with each count it will go higher. And as it does, it will feel as if your mind is expanding along with it, until you are able to hold within your own consciousness an awareness of the entire Universe, and all its beauty.

Now the balloon is nearly full. And as it begins to rise, I will begin to count, as your consciousness commences to expand.

One. As the balloon slowly begins to rise, you are beginning to enter a new and different experience of awareness. You will find that you begin to experience very pleasant feelings of increased sensitivity.

Two. You are beginning to enter a higher level now, as your body becomes more sensitive and more responsive with every word that I utter.

Three. As the balloon continues to rise, you can feel the basket gently swaying in the breeze, rocking you back and forth as it does, and you can hear the sound of the wind blowing in gentle bursts as you continue to float up and up.

Four. Your perceptions are becoming keener as you float on, higher and higher. It's such a pleasant feeling as you drift on, and on, and as your awareness expands more, and more, and more.

Five. As you continue to rise higher and higher, you can feel the balloon swaying and turning in the breeze, as you drift on, high above the earth. And the higher you go, the more your ability to experience pleasure expands as well.

Six. As you feel your consciousness expanding more and more, you are feeling an ever-growing sense of joy as you experience all of your senses being tuned to their highest possible pitch -- yet it is pleasurable in every way.

Seven. It's a wonderful feeling of liberation which you are experiencing now. And by the time I get to the count of ten, you will have reached the peak of your potential. Your perceptions will take on new qualities, and they will possess a greater depth of reality than anything you have known previously.

Eight. You can feel yourself drifting up, into the sky now, hanging on the very edge of space. Soon you will be able to travel on by yourself, into new dimensions, with only my voice to guide you. As the balloon continues to rise, the feeling of joy continues to increase, as you feel your capacity for experience becoming infinitely keener.

Nine. All the way up into the sky now, and ready to travel on into new dimensions of reality..

Ten. Now, you are ready. And while you remain in hyperempiria, all your perceptions will be infinitely sensitive, and you will be able to experience the reality of whatever is suggested to you much more keenly than you could experience anything in the everyday waking state of consciousness.

- **Autogenic Training**

German neurologist and psychiatrist Johannes Schultz developed Autogenic Training (meaning self-generated) in the 1920's, after learning how hypnotized subjects reported feeling a sense of warmth and heaviness in their limbs during hypnosis. His idea was to reverse the process and use elicitation of these sensations as a way for patients to help themselves feel better.

This is an excellent process for teaching people how to create and change sensation in the body, which gives them a sense of control and mastery. You can use it as a stand-alone lesson prior to hypnosis (although it can serve as an induction, too) or embed it anywhere within the hypnosis experience. We like to make sure a client understands the benefit of doing it frequently to retrain the brain and nervous system, along with creating comfort and peace.

Begin with a few relaxing, calming deep breaths. Invite your body to release any stress or tension.

Next, systematically focus your attention on various parts of your body to balance body and mind and calm the autonomic nervous system, which is involved in stress, and the limbic system in the brain, which controls emotions.

This process involves targeting your focus, imagining how you feel and repeating that thought three times.

As you turn your attention to your arms, think to yourself: *"My arms are comfortably heavy"* Repeat...

Then, think about how your legs feel: *"My legs are comfortably heavy"* Repeat...

Next, consider how your chest and solar plexus feel: *"My solar plexus is comfortable"* Repeat...

Focus on your heartbeat: *"My heartbeat is calm and regular"* Repeat...

Think about your stomach: *"My stomach is soft and warm"* Repeat...

Bring your attention to your forehead: *"My forehead is cool and calm"* Repeat...

Notice how easy it was for you to feel calm and comfortable!

Regular use of Autogenic Training develops awareness of these calm and comfortable feelings, creating a positive reflex and reducing suffering; think of it as a way to create self-regulation.

- **Fractionation Induction**

We can also use a hypnotic induction for teaching a person how to utilize natural phenomena within themselves. For example, Kelley often introduces clients who complain about having difficulty following asleep to an eye fractionation process, couching it as the induction but making sure they understand that they can replicate the technique for themselves.

When teaching it to a client, Kelley will explain how it works by using the example of the snooze feature on an alarm clock. When a person initially wakes to the alarm, the brain moves up into an awake state. If the person hits the snooze feature, they drift back down again but this time, the brain goes into an even deeper state.

If this action is repeated, the person is actually "staircased", or "fractionated", down into a very deep state and eventually arousing from it is difficult, leaving them feeling tired and groggy.

Of course, we can use this effect for good and intentionally induce hypnotic trance and even sleep with it. Like most things, we suggest regular practice to create self-regulation because it's wonderful to fall asleep without even having to try!

Dr. Sidney Flowers is credited with creating this induction that uses a combination of expectation, eye fixation and relaxation to induce a hypnotic state. After creating expectation in your client that what they are about to experience will automatically shift them into hypnosis (or allow them to fall

asleep) you can use this sample script provided by Richard Nongard:

- **The Dr. Flowers Hypnosis Induction**

  Pick a point on the far wall where you can focus your attention. Got it? Perfect. Now, bring all of your attention to that spot.

  It is easy to enter a state of hypnosis, and one way to do that is to induce eye fatigue. Many people who go through the simple process I am going to guide you through, find going into deep trance quickly is the result. Deep trance will simply feel like a state of relaxation in both mind and body. You will be able to still hear my voice. Hypnosis is not a state of unconsciousness, but rather a state of dreamy relaxation where the mind is open to new experiences.

  Are you ready? I am going to count backwards from 20 to one.

  With each number open the eyes between numbers, and close them again when I count a number.

  For example: 20 close – open, 19 close – open, 18 close – open…

  Perfect. Let's begin.

  20…19…18…

  Notice now how you have become absorbed in this process, pushing aside any distractions. Allow yourself to really relax now…

  17…16…15…

  Notice the sense of relaxation, and how it becomes more and more difficult to open the eyes…

  14…13…12…

  And anytime it becomes preferable to keep the eyes closed, keep them closed, only imagining that you are opening them.

  11…10…9…

  Perfect…and although you can hear my voice, you are very relaxed, never asleep…but deeply relaxed…

  8…7…6…

Letting go of any stress completely, accessing that part of the mind where creativity, intuition and thought is formed...letting any remaining stress disappear from your body.

5…4…3…2…1…Completely relaxed in mind and body…

Deepeners

Deepeners are methods by which we extend or improve in some way the hypnotic experience. The metaphors of going down, or deeper, utilize the pleasant sense of heaviness and even sinking that many people feel as they being to "let go" of distracting thoughts and feelings. They are often applied early on in the process, following an initial induction, but can be useful at any time as they provide an effective way to further engage a person.

Keep in mind that "depth" is a metaphor in itself, used because our human minds need to think in these terms. Thoughts of going higher, or further… becoming heavier, or lighter…moving through shades of color – all of these will provide an enhancing effect.

Here, we offer a couple of examples, but any metaphorical idea that employs moving through a sequence of levels will do…and, of course, subject matter that resonates and captures the imagination is often most effective.

- **Time Distortion Deepener**

  Now, as you continue sinking deeper with every word that I speak, and with every second that passes, you can imagine, or picture in your mind, a clock dial, with no second hand and no minute hand on the clock, just an hour hand. And the hour hand is set at twelve.

  I'm going to move that hour hand back, one hour at a time, until it's all the way back to one. And with each hour that I move the hand back, you'll go twice as deep as you are right now, and you'll feel twice as good as you do right now.

  There is no end to the depth of experience you can have in deep hypnosis. There is no limit to how good you can feel, and to the benefits you can obtain from it. And the deeper you go, the deeper you're able to go. And the deeper you go, the deeper you want to go, and the more peaceful and the more wonderful, and the more enjoyable the experience

becomes. So just let yourself go completely now, as I move the hour hand back, one hour at a time.

And now I've moved the hour hand back from 12 to 11, and you're sinking down twice as deep as you were before. And the deeper you go, the more easily you are able to become aware of your Future Self - of the person you are becoming.

And now I've moved it down to 10, and you feel twice as deep and you feel twice as good. But there's never any sense of strain or overload, for the deeper you go, the deeper you want to go, and the deeper you go, the deeper you're able to go. And the deeper you go, the more enjoyable the experience becomes.

And now I've moved it down to 9. Twice as deep, and feeling twice as good…

As I lead you deeper and deeper into hypnosis, your Future Self - the person that you are becoming - will provide you with all the guidance and support that you need, in order to free yourself from the problems and limitations that have been holding you back. This guidance will enable these problems to be solved in just the right way, and at just the right time, for you to keep whatever is of value to the person that you will become, and to release and eliminate whatever needs to be released.

8. Twice as deep, sinking down and down, and feeling twice as good, as you allow your Future Self to handle all of your problems in the outside world in the healing light of your future.

7. Twice as deep yet again, and feeling twice as good yet again.

6. Deeper yet. Notice what that does, and notice how good you feel. And imagine how good you're going to feel, when we get all the way down to one

5. Twice as deep, yet again, and feeling twice as good yet again...deeper...and deeper...And the deeper you go, the deeper you want to go...and the deeper you go, the deeper you are able to go...and the more beautiful, and more wonderful, and the more enjoyable the experience becomes.

4. Deeper...deeper...deeper...

3. Twice as deep, and feeling twice as good...

2. Deeper...deeper...deeper...

1. Infinitely, and unbelievably deep, and continuing to go deeper with every word that I speak.

- **Rising Up Deepener**

This is a perfect advancement to taking your client to a "deeper" level while moving them up toward that Multiverse:

And now, let's just leave your physical body here, resting and relaxing… resting and relaxing…while we begin to move that brilliant mind of yours to an even more wonderful place…that place beyond the stars… where all of your dreams come true…

Imagine…in whatever way feels right to you…that your mind is now rising up and out of your body…moving up…toward the ceiling…so that you can even look down and see your body here…resting and relaxing… resting and relaxing…

*Let your mind now go up even higher…leaving this room…this space… moving out into the open air…feeling safe and comfortable…perhaps noticing the buildings…the streets… rising higher…you can see the town/city…you see trees…and mountains…water…(*or whatever terrain you have*)…*

Up even higher now…past the cloud layers…beyond the atmosphere… feeling so light…so free…up past the light part of the sky…up through the dark part of the sky…beyond the stars…to that incredible, delightful universe that is waiting for you…

…moving higher and higher…and the higher you go…the better you feel…and the better you feel…the higher you go…that's right…

Chapter Five

Voyage to the Center of the Multiverse

The following suggestions may be used after an induction and deepening procedure to enable a willing partner in the experience of traveling through a rainbow to the center of the Multiverse - the Universe of all possible Universes - where all of the bad things that may have occurred in this Universe have been totally obliterated.

These scripts seamlessly incorporate all of the elements of the BEST ME suggestions, for maximum involvement and effectiveness as the partner experiences several types of extremely powerful life-changing suggestions on the way, dissolving at the end of the journey in an ocean of infinite love which contains them all, with suggestions for ego strengthening which the experience will create, and then repeating the individual component suggestions for emphasis on the way back. If the partner should happen to have any previous negative associations to a particular color, perception in hypnosis is sufficiently fluid that they will be temporarily overridden, at least for the duration of the session.

Every perfectly-formed rainbow contains exactly the same colors, in exactly the same order: red, orange, yellow, green, blue, and violet. After a hypnotic induction and deepening, suggest pleasant experiences and emotions associated with each color as the partner passes through them one by one.

Note: Some people enjoy using the idea of a rainbow to anchor (associate) the positive experience they have had. By keeping a visual reminder at hand, they can easily recall and even revivify the benefits of this Virtual Reality Hypnosis.

1. Rainbow to the Multiverse

This script can be used after an induction and deepening procedure to facilitate the experience of transitioning to the Multiverse.

Now the scene is changing, and we are standing at the top of a large mountain which is covered with clouds following a sudden spring shower. One end of a large rainbow, which leads to the Multiverse, the Universe of All Possible Universes, is touching the ground right in front of us.

We walk up to this rainbow and prepare to enter the first band. As we go through each band one by one, each band will present you with a priceless gift, which you will be able to take back with you. And the pot of gold at the end of the rainbow is the treasure that your life will become as you continue to explore the joys and wonders of these alternate and parallel universes.

First, we are entering the red band of the rainbow. Red is the color of Strength. Feel this strength flowing through you now, driving out the stress, driving out the worry, driving out the cares, and filling and every flooding every muscle and nerve and cell of your being with wave after wave of infinite, boundless strength, and confidence, and power.

Next, we are entering the orange band of the rainbow. Orange is the color of Happiness. Each time that I lead you into these higher realms of being, you go deeper; each time you go faster, and each time you feel this happiness more intensely than you did the time before. Feel the happiness flooding through you, filling and flooding every muscle and nerve and cell of your being with wave after wave of infinite happiness and boundless joy.

Yellow is the color of Healing. As we travel through the band of yellow light, you can feel its healing warmth, flooding into every muscle, and every fiber, and nerve of your body, penetrating to the very core of your being. Even when you are no longer in hypnosis, my voice will tend to bring it back, in much the same way and with much the same effect as if I were hypnotizing you all over again.

Now, we are entering the green band of light. Green is the color of Renewal. The farther we go into the rainbow, the more your sense of the passing of time is slowing down; and regardless of the time we may actually have been gone, it will seem as if we had been gone for a much, much longer time. It could even seem as if we had been gone for an eternity. And the benefits of our journey will be increased in direct

proportion to the time that it feels like we have been away.

Now we are traveling through the band of blue, which is the color of Heaven, and the color of Eternity. Each time I lead you into these higher realms of being, you gain an ever-increasing appreciation of the true nature of reality; for the spark of Divinity which is within you is nothing less than the energy of the Multiverse itself.

Next, we move into the band of indigo, which contains the heightened mental powers that are becoming yours in ever-increasing amounts, as we explore the joys and wonders of these parallel and alternate universes.

Finally, we are entering the band of violet, which is the color of Serenity. It's only the ***separation*** *from this infinite ocean of boundless rapture, wonder, ecstasy, and delight -- it's only the* ***separation*** *from this infinite ocean of peace, and calm, and tranquility -- that is the source of all unhappiness, all depression, all anxiety, all loneliness, and all despair. And now that this separation has been removed, you have a sense of fulfillment and an inner peace which is greater than anything you have ever dreamed of, longed for, hoped for, or desired, and far beyond the power of words to describe.*

2. Absorption and Ego-Strengthening

Throughout the course of human history, life changing mystical experiences have either tended to occur spontaneously or not all, despite the intense and prolonged efforts of those who seek them. This script is used following the Transition script, to provide a mystical experience of union with Infinite Reality without waiting for such experiences to spontaneously occur - if indeed they ever do.

As we step out of the final band of the rainbow and into the Multiverse itself, you have entered the Universe of All Possible Universes, where time and space have ceased to exist, and all the bands of the rainbow which brought us here have blended into one infinite, boundless ocean of love which contains them all: strength, happiness, healing, renewal, peace, power, and serenity, more beautiful than anything you have ever dreamed of, hoped for, longed for, or desired…infinite, beyond infinity, and eternal beyond all measure of eternity, and far beyond the power of

words to describe.

Soak it up and make it part of you, to take back to the universe from which you came; for this experience will change your life in many different ways, and on many levels and when you return, you will be a far stronger and happier person than you were before.

Let yourself go completely, as you allow the glorious Destiny that awaits you to absorb your entire being, to take back with you to the universe from which we came. And each time that you return, its effect will grow even stronger.

(Brief pause.)

This Destiny will change your life in many different ways, and on many different levels. Depression will give way to optimism, and anxiety to anticipation. And each time that this journey is repeated, the effects will become clearer, sharper, and more intense.

As your confidence increases, any of the things that used to bother you will vanish like dewdrops before the morning sun; for nothing can keep you from living in the light of the achievement of your eternal Destiny.

3. Return from the Multiverse

Now, we are ready to return to the universe from which we came, by riding through the rainbow that brought us here, in reverse order, from the inside out…

You will remain in deep hypnosis until we emerge together from the final band. Just as before, each band of color will present you with a priceless gift from these experiences which you will be able to take back with you.

First, we are beginning to retrace our steps through the band of violet, the color of serenity. It's only the separation from this infinite ocean of boundless rapture, wonder, ecstasy and delight - it's only the separation from this infinite ocean of peace, and calm, and tranquility -- that is the source of all unhappiness, all depression, all anxiety, all loneliness, and all despair. And now that this separation has been removed, it has

brought you an inner peace which is greater than anything you have ever dreamed of, longed for, hoped for, or imagined, and far beyond the power of words to describe.

Next, we move back into the band of indigo, which contains the mental powers that are becoming yours in ever increasing amounts, as we continue to explore the joys and wonders these alternate and parallel Universes.

Now, we are traveling through the band of blue, which is the color of Heaven, and the color of Eternity. We have been to Heaven. We are higher than the angels. And we will go back there; for this is our eternal home, beyond the stars.

Each time I lead you into these higher realms of being, you gain an ever-increasing appreciation of the true nature of reality; for the spark of Divinity which is within you is nothing less than the energy of the Multiverse itself.

Now, we are entering the green band of light. Green is the color of renewal. Regardless of the actual time we have been away, it will seem as if we have been gone for a much longer time. It could even seem as if we have been gone for an eternity. And the benefits of our journey will be increased in direct proportion to the time that we have been away..

Next, as we travel through the band of yellow light, you can feel its healing warmth flooding once more into every muscle, and every fiber, and nerve of your body, penetrating to the very core of your being. Even when you are no longer in hypnosis, my voice will tend to bring it back, in much the same way and with much the same effect as if I were hypnotizing you all over again.

Now, we are entering the orange band of the rainbow. Orange is the color of happiness. Feel the happiness flooding through you, filling and flooding every muscle and nerve and cell of your being with wave after wave of infinite happiness and boundless joy.

Each time I lead you into these higher realms of being, you go deeper, each time I lead you into these higher realms of being, you go faster, and each time you experience this happiness more deeply and more intensely than you did the time before.

Finally, we are entering the red band of the rainbow. Red is the color of strength. Feel this strength flowing through you now, driving out the stress, driving out the worry, driving out the care, and filling and flooding every muscle and nerve and cell of your being with wave after wave of infinite, boundless strength, and confidence, and power.

You will always look back on these hypnotic sessions with fondness, even as you look forward to the next opportunity to return to them with ever increasing anticipation; for you will obtain everything that you wanted from this experience, regardless of whether or not it was specifically included in the suggestions that you were given.

You are one of a gifted few whose life is not limited to living in one universe at a time. And the pot of gold at the end of the rainbow is the priceless treasure that your life is becoming, as our explorations in these alternate and parallel universes continue to change your life into a thing of wondrous beauty, in many different ways and on many different levels, some of which you may already know, and some of which you may not yet realize until they actually occur.

Tonight, you will be able to fall asleep easily, and you will have a pleasant, refreshing sleep from which you will awaken rested and refreshed, and feeling wonderful; for your Future Self is always with you, guiding your path in just the right the way it should go...for you.

Now, as we prepare to return to the universe from which you came, all of the dimensions of the universe from which you originally left will reassert themselves. Your mind will be clear and alert, and you will easily be able to concentrate on anything you have to do. But the benefits and the good feelings of these experiences will remain with you, making it so much easier to resist stresses of every kind and filling your life with zest and joy. Know who you really are. Be who you really are.

One. Getting ready to open your eyes now. Two. . .

Three. . .

Four. . .

Five. You can open your eyes now, feeling ***wonderful!*** *You are wonderful!*

Following the final chapter of this book is a web link address for you to access and enjoy an audio version experience of a *Journey to the Multiverse* for yourself. Enjoy!

Chapter Six

Healing Space in the Multiverse

Psychoanalysts tell us that we all have a strong unconscious yearning to return to the safety and security on our mother's womb. Closely aligned to this is the unconscious desire to re-experience the sense of total and unconditional love which we felt while sleeping peacefully in our mother's arms.

When the pressures of modern life become intense enough, many stress-related illnesses can occur which would be either avoidable or reversible if these primitive longings could be satisfied once again. The emotional effects of this early nurturing may be reinstated in a sufficiently responsive client by means of direct suggestion, as a form of emotional first aid.

Emotional First Aid

Marie, an attractive, twenty-one year old sociology major at Princeton University, was already seated in his office when Don arrived for his first appointment. She was extremely distraught over the fact that her boyfriend had just broken up with her and she simply did not know what to do.

Marie obviously was in no mood for rational discussion. But, just as obviously, she was still capable of feeling deep love. If she could be guided in hypnosis to transfer this love somewhere else in the Universe, where she would be able to re-experience it in an even more concentrated form, she would know that her boyfriend was not the only source in the Universe where she could experience the deep and abiding love which she craved so deeply, and she would receive the comfort that she so desperately needed as she set about looking for a replacement.

Marie was familiar with the concept of hypnosis and was favorably disposed to it. Don told her that in hypnosis we could cancel out her negative feelings by replacing them with strong positive ones, and then asked if this would be all right with her. She agreed, and appeared to respond well to the induction and deepening procedure. Realizing that he would have to "pull out all the stops," Don then continued as follows:

> *And now, we are reaching down into the vast, untapped potentials that lie within you…and we are releasing… wonderful feelings of happiness… and joy…and wonder… and rapture…and ecstasy…and delight. These wonderful feelings are flowing out and flowing out… filling…and flooding…every muscle, and every fiber, and every nerve of your being, with wave after wave of beautiful, indescribable joy and happiness.*
>
> *The stronger we can make them, the more effective they will be…in changing your life into a thing of wondrous beauty.*
>
> *There's no end to how good you can feel, and no end to how strong we can make them…If you weren't hypnotized, you couldn't bear a fraction of the joy, and the happiness, and the wonder, and the ecstasy, and the unimaginable delight that is flowing through every muscle and fiber, and cell and nerve of your body, now, in these golden moments. And the more you feel, the more you're able to feel, and the more you feel, the more you want to feel, and the more wonderful, the more rapturous, the experience becomes.*
>
> *As the feelings continue to grow, stronger and stronger, they are becoming infinite in their strength…and infinite in their power…beyond the power of words to describe…infinite, beyond infinity…and eternal, beyond all measure of Eternity.*

You find yourself floating…and dissolving…into a wave of infinite, unbounded ecstasy, beyond the limitations of time… beyond the limitations of space…beyond the limitations of the Universe, itself…

You are flowing…into another universe…where there is no time…there is no space…There is only…an endless ocean of infinite, unbounded, and everlasting love, at the center of this universe, which is in the center of all other universes, and at the center of all existence.

As you feel yourself dissolving into this infinite ocean of boundless rapture, ecstasy, wonder and delight. it's as if all of the happiness, and all of the love, and all of the joy, and all of the wonder, and all of the rapture that have ever been felt by all of the people who ever walked the face of the earth…put together, are yours…to enjoy…now…in these precious, golden moments, freed from the limitations of time and space.

Soak it up, and make it part of you…It's only the separation from this infinite ocean of boundless rapture, wonder, ecstasy, and delight, which is your home beyond the stars…it's only the separation from this ocean where you will spend Eternity… that is the source of all unhappiness, all depression, all anxiety, all loneliness, and all despair.

Soak it up, and make it part of you. This is the fulfillment of your existence - greater than anything you ever dreamed of…longed for, hoped for, or imagined, and far beyond the power of words to describe. Infinite, beyond infinity, and eternal beyond all measure of eternity… yours…to savor… now…and experience to the fullest…in these golden moments of delight.

Every path that you have taken, every road that you have trod, has lead you here, to this, the fulfillment of your existence…Infinite, beyond infinity, and eternal beyond all measure of eternity…Greater than anything you have ever hoped for, longed for, dreamed of, or imagined, and far beyond the power of words to describe.

Don then restored Marie's emotional level to normal and concluded the induction in the usual manner. She appeared relaxed, and was able to converse almost normally for the remainder of the hour. They proceeded to schedule additional sessions to talk about the crises in her life which has made her so susceptible to losing her heart to the blandishments of an obvious sociopath when, as she herself put it, "*I've been out with hotter*."

After a few sessions, Don asked her if that emergency hypnotic first aid had been helpful. She thoughtfully replied, "*If you had not done that, I don't know what I would have done.*"

The Bottom of the Sea

Some of the most challenging cases come to us in the form of post-traumatic stress. We prefer the emerging trend of releasing the "disorder" from PTS and replacing it with "injury". The unspoken stigma of having a disorder of any kind, even one that allows a person access to healthcare and other benefits, results in unhelpful perceptions of being broken, unfixable, and even more importantly that what they are experiencing is unnatural. This promotes a sense of hopelessness and helplessness, further isolating victims and prohibiting healing.

Enduring a traumatic experience, whether it is one from a war setting, an accident or a result of intentional abuse or neglect, and having negative side effects from that event is normal. It is not fully understood why some people are somehow less negatively affected while others are decimated by trauma, but research such as the Adverse Childhood Experience (ACE) Study conducted by Kaiser Permanente and the Center for Disease Control and Prevention indicate correlation between childhood trauma and later adult health and social problems.

What is known is that the particular mechanisms that root trauma to the brain and nervous system can be tracked and changed. Physiological links, neural nets, associate stimuli (triggers) to responses that get stuck in loops and can even strengthen over repeated activation. This is how habits of all kind form and are maintained. When a trigger is present, these entrained pathways engage and the person feels as if they are re-experiencing the original trauma state. In this way, the mind and body transcend limitations of time and space.

Cognitive-behavioral approaches, over time, can help a person think their way out of these activated trauma states utilizing coping tools to regain a sense of control, but this can be difficult to do in the midst of a full-on panic attack. Techniques such as EMDR (Eye Movement De-sensitization and Restructuring) are used to help people suffering from PTSI and the Veteran's Administration given the first ever approval of energy psychology modalities, EFT (Emotional Freedom Techniques) to help re-wire those stuck pathways.

The following case is an example of how a Vietnam-era veteran, who had been suffering from depression and PTSI for over four decades was helped with a Virtual Reality Hypnosis approach:

Kelley's client was referred from his counselor due to having difficulty sleeping. Harold was a career Navy man, having served in the military until his retirement fifteen years prior. He described his post-military life as being drab and boring – the only thing of much interest to him anymore was eating and he was dismayed with his 20 lb. overweight and out-of-shape body. Despite years of counseling and medication, Harold experienced horrific nightmares and was sensitive to things like loud noise, crowds and other unpredictable conditions. He was married, albeit not very happily as according to him, the "passion" had long since left the relationship. Harold repeatedly referred back to his times in the military as the "best" chapter of his life and said that he really didn't have much to look forward to in the current chapter.

Observing how her client's eyes lit up when he mentioned his role as a deep sea diving instructor, Kelley decided to provide Harold with a Virtual Reality Hypnosis experience that would revivify and make available that positive state. VRH is a perfect venue for age regression, providing a safe experience for those who suffer from past trauma.

A very responsive hypnotee (many people with PTSI are gifted at hyperemperia), Harold was able to easily shift into a relaxed focus that was harnessed to take him to a parallel universe, allowing him to get in touch with everything he loved about scuba diving, without any of the negative attachments related to his war experiences.

Here, at the bottom of the sea, on a planet in the center of a parallel universe, in the center of the galaxy of his own mind, Harold enjoyed an extended scuba journey. After several minutes of this, which seemed like hours in the wonder of hypnotic time distortion, Kelley suggested that he settle upon the ocean floor…finding a spot that was just right for him.

Harold nodded as he arrived, smiling as he experienced the perfect environment around him. Kelley noticed that he had started to sway gently from side to side, his head lolling a bit with a delayed motion and then following his torso and shoulders as they changed direction. Suggestions were then provided that he felt as if he were a strong, healthy plant of

seaweed, rooted to the bottom of the ocean, swaying there gently in the currents. Harold's body responded with even more relaxed fluidity.

Part of Harold's unhappiness stemmed from a sense of disconnect that followed following his retirement from the military. He felt, as many in that position do, that he stood with one foot in the military world and one foot outside of it, neither fully in nor out. He had neglected to take advantage of programs to keep in contact with his comrades and had also failed to cultivate new relationships in the civilian world. This left him feeling bereft, isolated and without a sense of purpose to his life.

Kelley brought Harold's attention, within this hypnotic journey, to the *other* seaweed plants that surrounded him, while giving him enough growing space…there, in this underwater field of living, moving plants. Suggestions were then given of noticing not only the dozens and even hundreds of others there but noticing how they, and he, moved gently and easily in unison with the currents…the currents of life.

A sense of connectedness, of being a part of something bigger than himself, was then anchored with the visual and kinesthetic aspects of this Virtual Reality Hypnosis experience. Kelley suggested that Harold "find" some aspect of this experience to imprint upon his consciousness so that he can later draw upon on it as needed.

In a later meeting, Harold told Kelley how, whenever he felt isolated or lonely, he had only to close his eyes and bring up the feeling of being there in the seaweed colony to lift his spirits and motivate him to reach out and connect to others.

Once again, utilizing a person's own meaningful metaphor, moving them into a parallel universe to step into the metaphor and establishing it as a positive resource anchor served to help.

Oh, and that original sleep problem Harold presented with? Following just a few of these hypnotic journeys, it appeared to resolve itself...one of the many positive side effects of Mindful Hypnosis!

Aurora Borealis

Anne was referred to Kelley by her psychotherapist, who had been helping

her over the past year deal with grief. Anne's husband had died following a lengthy illness, during which she was the primary caregiver. As a result, Anne felt rather isolated and was reluctant to get back into “the swing of life” due to some weight gain.

Loss comes in many forms and while the death of her husband was painful, Anne also felt the loss of youth as she approached her 69th birthday without immediate family members to help her celebrate; her few close friends had drifted away when she was occupied with caring for her ailing spouse. She hoped that getting motivated for weight loss and physical activity through hypnosis would move her into the next chapter of life.

Kelley noticed that affect we mention earlier, Fun Deficiency Disorder, present within Anne, a trouble which plagues many people who have been busy dealing with the “seriosity” of life. Hypnosis is an effective modality to clear the way for them to regain balance in work and play, especially since playing in hypnosis *is* fun!

Anne's psychotherapist had utilized some effective cognitive therapy to help her process the loss of her husband and Anne felt that she was ready to re-engage with life, but something was holding her back. She described the feeling as “a wall that I can't see past...much less move beyond.” This wall had been present for many years and Anne had always felt a sense of dread and even fear regarding it. This gave Kelley the metaphor she needed to help Anne begin to move forward.

Following a light hypnosis induction, during which Anne's attention was guided toward different parts of her body in mindful ways, eliciting a hyper-focused awareness of sensation, Kelley then suggested that Anne become aware of the “wall” that was limiting her. When performing guided imagery, the most successful approach utilizes a client's metaphors - there was no other one Kelley could provide that would contain the same relevance and meaning than the one Anne created for herself.

After a few moments, Anne responded, saying that she had a sense of the wall...but couldn't really “see” it. It was as if the wall itself was walled off. It's not uncommon for some people, especially those new to hypnosis, to have difficulty visualizing specific things and we quickly reassure them that there are many ways to “see”. One can merely have a “sense or a feel” or one can develop the ability to spontaneously visualize by recalling the color of their

car or front door to their home. By realizing that they *can* access the ability, they are then able to do so.

In Anne's case, Kelley asked her to notice her feet and what she was wearing on her feet. Anne easily described her shoes and from there, Kelley raised her awareness to the space in front of her feet and she noticed a bare floor. From here, Kelley had Anne step forward until she came within a short distance of the wall, feeling it as she came closer. Within a few moments, Anne gasped and said, *"Oh...my God. It's the Aurora Borealis!"*

Kelley, delighted for her client, then encouraged her to become acutely aware of her Aurora Borealis wall. Anne proceeded to describe it in detail: the flowing, undulating colors, a sense of fluidity and lack of denseness...even a light, sweet fragrance that she could not quite identify. She moved her hand out into space in front of her and described the temperature of the wall as being slightly cool, but not chilly.

Kelley asked Anne what she imagined lies on the other side of that wall...and what she will have or be once she moves beyond it. Anne paused for a bit before replying, *"Peace...good health...and fun! I will have fun!"* With that, Kelley suggested that Anne access her inner resources for whatever she needed to move through that wall and, once she had done so, to let her know.

Expressions of euphoria moved through Anne's face for several minutes until she nodded slightly. Kelley proposed that in this place, which perhaps was a parallel universe, Anne could explore, discover, activate and otherwise transform anything that needed to be shifted, augmented or changed in order to make her life experience the very best possible.

Although we have only an inkling of what this kind of experience is like for a client, those of us who have personally enjoyed our own journeys in the multiverses have a deep trust that it is profound and unforgettable, and perhaps this experiential trust is one of the primary drivers for continuing to do hypnotic work!

Anne was directed to spend as much time in that marvelous realm as she wanted and to indicate when she was ready to return, which she did eventually, and was re-emerged with suggestions that what she experienced would be reverberating in positive ways for her in the days, weeks and months to come.

Later, in recapping her experience, Anne described her Aurora Borealis "wall" as a glorious presence. Her conscious lack of awareness that previously the wall was a limitation to her was interesting and Kelley felt no need to remind her of it. Instead, the wall had become representative of all of the joy and excitement that was yet to come in her life. Anne immediately felt motivated to take better care of her physical self and to get involved socially.

In the following weeks, Anne did indeed release her excess weight and began to attend weekly dance nights at a local social club. Her zest and energy transformed her and she relayed how by just *thinking* of what she had begun to refer to as "*My Aurora Borealis"* she instantly felt wonderful. Her story is a powerful example of how, when a person is safely guided to move into what they have been fearing or avoiding, it often turns out to be their best blessing in life.

Sometimes we can help a person sort out and frame their emotions in a way that will help soothe or ease a pain or a loss. The following story offers the application of Mindful Hypnosis for helping a person deal with losing someone they love:

Losing a Part of Oneself

Michael, a 47-year old husband and father, was referred to Kelley by a local psychotherapist who had been helping him through trauma and grief following his teen son's recent suicide. When symptoms of anxiety and shortness of breath left medical doctors in a quandary as to any physical source, the grief counselor, who was familiar with hypnotic approaches for anxiety, thought that perhaps Kelley could help.

As to be expected, Michael presented as a heart-broken man. He was intelligent, worked in the field of health care and was completely stymied over the episodes of shortness of breath he was experiencing, stating that they seemed inexplicable and arrived without any apparent trigger. Kelley assured him that she had met several clients who had experienced tragedy in their lives and it was not unusual, nor was it a disorder, for the body to react this way. Just hearing this resulted in Michael taking a deep breath and relaxing to a degree.

Michael also mentioned that he was having difficulty sleeping through the night and wondered if he might be suffering from Post-Traumatic Stress

Disorder. PTSD can manifest in a multitude of emotional and physical maladies, including anxiety, racing heartbeat, shortness of breath, panicked thoughts and feelings, sleep problems, etc.

Although not licensed to diagnose, analyze or prescribe, Kelley knew that it was important to move him out of the frame that there was something wrong with *him* just because his body was reacting to his child's death in this way. She suggested that Michael consider instead of PTSD, PTSI – Post-Traumatic Stress Injury, a term now used by the Department of Defense to better define the injury sustained by trauma and thereby reducing the stigma of the diagnosis for patients. This resonated with Michael, whose professional experience reminded him that many people can heal from injuries.

Kelley offered to take him to an alternate universe where he could just "be"…where he could forget about the past few terrible months of his life and relax and heal. Michael was interested in such an experience, stating that it felt like he had not been able to relax for quite some time and was sure that it was contributing to what was going on with his body.

Using a progressive muscle relaxation induction, Kelley followed the BEST ME approach to guide Michael to a healing universe, where he could temporarily enjoy a respite from his troubles and where he could allow his body to move into homeostatic harmony, restoring and balancing its systems. Kelley added suggestions for automatic, self-regulation in the coming days and weeks and months, along with the idea that each and every time he return to this healing universe, he would find himself improving even more.

Following this journey, Michael appeared rested and refreshed and even seemed younger. He sat very quietly for a while, reflecting on what he had just experienced. Kelley followed his lead and sat in silence with him. After a while, they made another appointment for a follow up session.

In their next meeting, Michael reported that while he had not suffered any repeat episodes of shortness of breath, he was still having difficulty sleep through the night - that once he woke up, he lay in bed for hours, ruminating over circumstances that had led to his son's suicide. As to be expected, he had many questions and even some anger over the loss of control that his son's decision had invoked. He asked if it was possible to "contact" his son and speak to him, in an attempt to get some answers. Kelley explained that while

she didn't personally have the ability to speak with the dead, she thought that maybe some people can and that it was certainly plausible that he can have some kind of interaction with his son in a virtual reality.

After guiding Michael to a parallel universe, Kelley invited him to invite the presence of his son to join him there. The option to have the kid appear as the father wanted to remember him - healthy and whole - was also offered. A solitary tear tracked down his face as Michael said, "*I feel him.*" Kelley suggested that he spend as much time as desired and needed to speak with the boy and let him know anything he needed to say.

After quite some time, Kelley said, "*And if he hasn't already spoken to you, he has something to tell you now...*" and then, "*Let him know that he is never alone...that you are always with him. And he wants you to know that you are never alone...that he is always with you.*"

This process of meeting and speaking with his son took many minutes. Kelley observed as Michael moved from being tense and pale, to tearful, and then to a much more peaceful countenance. When it appeared that it was time to say goodbye, she gave Michael the choice of letting his son go to wherever he needed to go...or keeping him within himself.

After emerging from hypnosis, Michael let out a deep sigh and said, "*So, that's why.*" Kelley felt no need to ask for details and let him know that he could now rest more easily, that his days and nights would be a fraction more comfortable, even as he continued to move through the grieving.

Chapter Seven

Transformations

"Humanity must rise above the earth, to the top of the atmosphere and beyond. For only then will we understand the world in which we live."
~ Socrates

The Overview Effect

The concept and term "Overview Effect" was coined by space philosopher and writer Frank White who, in 1987, wrote *The Overview Effect: Space Exploration and Human Evolution.* White continues to be a proponent of spreading the word of this unique and transformational phenomena through his work with The Overview Institute, which describes the Overview Effect as*:*

"…the experience of seeing firsthand the reality of the Earth in space, which is immediately understood to be a tiny, fragile ball of life, hanging in the void, shielded and nourished by a paper-thin atmosphere. From space, the astronauts tell us, national boundaries vanish, the conflicts that divide us become less important and the need to create a planetary society with the united will to protect this "pale blue dot" becomes both obvious and imperative. Even more so, many of them tell us that from the Overview perspective, all of this seems imminently achievable, if only more people could have the experience!"

Astronauts including Chris Hadfield and Rusty Schweikart have described the incredible "Overview Moment", when they look back at our world and feel a sense of oneness with each and every aspect of it. Also described as the "Big Picture Factor", this perspective brings an immense realization that any borders, ideas and concepts that divide us are only those created in our minds and in our human behaviors…resulting in a profound adjustment in worldview, along with shifts in self-identify. Significant, permanent

perspective and attitude transformations have been observed in these astronauts upon returning from space travel.

The Overview Institute hopes to expand awareness of this transformational potential and somehow be able to make it more available to the common man. One of the venues for doing this is through rapidly evolving technology such as virtual reality media. In the following script developed by Kelley, a client can easily engage in shifting perspective and experiencing what previously has only been enjoyed by a relatively few astronauts!

Following induction:

> *You now find yourself beginning to soar upwards…moving as if you were in your own, private spaceship…safely ensconced, breathing easily…yet with a growing sense of anticipation …and eagerness… ready to explore a new frontier…a new universe…that has been awaiting you…You are surrounded by a wide, transparent bubble of a window…you can clearly see through it…and you watch as you leave the Earth's atmosphere, breaking through that seemingly paper-thin layer and surging forward into the great Unknown…it's as if you are becoming part of the 360 degree panorama of the heavens themselves…*
>
> *You become aware…that you are now in space…as even though you are rushing through it at a high rate of speed…and there are other things around you…also moving at the same rate: comets, asteroids, meteors… shooting stars…a planet…or two…and yet, a sense of utter peace and calm is arriving…it almost seems as if everything now is moving in slow motion…and you know that if you were to release your seat belt…you would literally begin to float, suspended in your space cabin…*
>
> *And so you do just that…you reach down and you unbuckle your belt… and you begin to float...weightless…hovering just above your instrument panel…and you lean to one side so that your body slowly and gently rotates…allowing you to look in the opposite direction…and the view that greets you makes your spine tingle with a feeling that is so new…so profound…that you could never even begin to imagine something so delightful…SO deeply moving…as you now see your planet Earth… there…a pale, blue dot…an oasis in the backdrop of infinity.*
>
> *From this place, you can now see from a cosmic perspective…you witness the sun as the star that it is…and it is with a great sense of*

surprise that you realize that Earth IS in space, has always been in space…and will always be in space…and that you, as a resident of Earth, also are traveling through space…that you are, indeed an astronaut, a deserving member of the crew of spaceship Earth…

And your spaceship now moves into an orbit of the Earth, smoothly and completely circling the planet so that you can watch as familiar landmarks, bodies of water appear…all while you continue to absorb the fantastic, life-changing effects of this experience…

And you float there…Earth gazing…in awe of the incredible, changing scenery of your planet…watching the ever-changing interactivities on its surface…the line separating light and dark as day turns to night on one side of the globe…seeing thunderstorms, swirls of the variety of climate…and dancing curtains of auroras that seem so magical you think they can't be real and yet…they are.

And so, you savor these glorious moments of discovery …perhaps noticing a growing sense of compassion …along with that awareness of connection to not just humanity, but to all animals, plants and other precious things on Earth. Tapping into this sense of belonging…as you also now and forever realize that you are not alone, that you are never alone…but you are a part of something much larger… than …yourself…

And you also reflect on the idea that the very molecules of your body… the molecules of all of the people that have ever lived on Earth and will ever live on Earth…even the molecules of the space craft in which you travel…all were proto-typed in ancient generations of stars…that you ***are****, in effect, stardust…*

Savoring these beautiful moments now…floating…drifting… feeling all of that…now…PAUSE

And even though you now begin to return from this journey, moving out of the orbit and safely traveling back…you sink down back, into your seat and once again fasten your belt securely…and let yourself drift down deeper as you let your ship guide itself down toward the Earth… down, down, down…through the atmosphere…down back to your home…to a safe landing…

PAUSE

Landing safely…bringing back with you all that you have just experienced…all that you have learned on this incredible voyage… realizing that the only reason for having taken this journey is to be able to do just that…to look back at your amazing planet and in doing so, gain an even deeper appreciation and sense of connection for all that it is and all that it holds…

How to Eliminate the Need for "Will Power"

If you can fill the unforgiving minute
With sixty seconds' worth of distance run
Yours is the Earth, and all that's in it.
~ Kipling

When we have a long-term goal whose rewards are in the future, we try to use "willpower" in an attempt to spur ourselves onward. We tell ourselves how important the goal really is, congratulating ourselves when we are able to stay on track, and mentally "beating ourselves up" when we don't work as hard we think we ought to.

We attempt to bridge this gap between present efforts and future sources of satisfaction by daydreaming, autosuggestion, "positive thinking," affirmations, visualization, and fantasy techniques. These usually don't help very much either, because they still don't do enough to involve the *whole person* in the satisfactions of goal attainment. Eventually, even though our long-term goal remains as attractive as ever, our motivation begins to falter, and sooner or later we give up.

If we are trying to lose weight or quit smoking, we usually attribute this failure to a lack of "will power," and if we fail, usually find some way to put up with the discomfort. On the other hand, if the gap between our aspirations and what we are able to do involves the attainment of a major life goal, such as becoming a successful writer, artist, or composer, the gap between what we aspire to and what we have actually achieved can often be great enough to cause a full-blown existential depression.

Somewhere in the Multiverse - the Universe of All Possible Universes - you are already living in a parallel lifetime in which you have achieved your goal and are basking in its rewards. You can't bring these rewards back with you, of course, but you *can* bring back the satisfactions of attaining them. By projecting your imagination into this parallel Universe where your goal has already been achieved, you can access the rewards of these goals *now,* in this life, where they are most needed for motivation.
If you can be guided to the certain knowledge that this experience already does exist, then when you return you will be able to *act, think, and feel as if it were impossible to fail!*

In the hyperempiric episode which follows, the BEST ME Technique is used to pre-experience the rewards of a graduation ceremony in order to enhance the motivation to pursue a course of study leading to an academic degree.

At the conclusion of an appropriate hypnotic or induction, suggestions similar to the following may be given, with appropriate repetition and elaboration, much as one might vary the verses and choruses of a song.

> **B**elief systems. *Now you can feel your awareness of the present beginning to fade, as you become ever more clearly aware of yourself seated at your graduation ceremony, waiting to go up and receive your diploma. Just picture the scene, and imagine yourself excitedly waiting there, until it becomes just as real and just as clear to you as if it is happening right now.*
>
> **E**motions. *Let yourself feel an ever increasing sense of pride and achievement as you savor this moment to the fullest. As you look around at your fellow graduates and at the crowd of family, friends, and well-wishers who have come to share in your success, you can truly rejoice in the thrill of all you have worked so hard to accomplish.*
>
> **S**ensations and physical perceptions. *The graduates are getting up*

one row at a time to form a line beside the stage until their name is called. When it is your turn, you join the line and await your turn to go up and shake hands with the Dean and receive your diploma.

Thoughts and images. *And all the time, you are realizing how much this means to you, and how much it has all been worthwhile.*

Motives. *Now, as you walk across the stage and shake hands with the Dean, he smiles and hands you your diploma, and you return to your seat, let yourself take a few moments now to bask in the satisfaction of a job well done, and savor your achievement to the fullest. [Pause.]*

Expectations. *And each time that you return to this treasured memory of the future, it will become easier for you to act, think, and feel as if it were impossible to fail. Believe it will happen, expect it to happen, feel it happening, and savor in advance the fruits of your success!*

After allowing time to fully enjoy the experience for a few moments, the induction may be concluded in an appropriate manner. Once the technique has been mastered, it can be repeated daily as a form of experiential meditation until the goal is actually attained.

- **The Importance of Sub-Goals**

Confucius said, "*The journey of a thousand miles begins with a single step*." About thirty percent of all the graduate students who have to write a dissertation as the final step in attaining their doctorate fail to do so. This is frequently because, when they think of a dissertation as a book-length project, the task looks too formidable and too difficult. But if they can break the job down into meaningful sub-goals, and experience a feeling of achievement when each of these steps is attained, it doesn't matter how long the journey is because they have learned to reward themselves at the

completion of each small step.

Don once knew a graduate student at the University of Portland who inherited three million dollars while he was enrolled in the Psychology program. He would treat himself and a date to a big steak dinner at a local restaurant every time he passed a test, and live frugally the rest of the time. By successfully achieving a series of small sub-goals along the way, he obtained his degree with relative ease.

As Martin Luther King put it, *"If you can't run, walk. If you can't walk, crawl. But keep moving forward!"*

- **When There *is* No "Impossible Dream"**

When there is no clearly-identified goal upon which to focus, or when existing goals are not desired strongly enough to fully motivate a person to achieve them, suggestions such as the following can be given to increase the enjoyment of goal attainment in general.

> **B**elief systems. *Now we are going to help you to experience in concentrated form, both your desire to achieve and your ability to feel the satisfactions you are going to feel in the future from the fulfillment of a job well done.*
>
> **E**motions. *We are reaching down into the depths of your vast, untapped potential for feeling happiness and joy. Great waves of happiness and joy are flooding out from the depths of your potential, growing stronger and more beautiful and more intense with every passing second.*
>
> **S**ensations and physical perceptions. *The waves of joy are becoming stronger and more intense, filling and flooding every muscle, and fiber, and nerve of your entire body with a beauty and which is greater than anything you could possibly imagine.*

Thoughts and images. *Your mind is filled with such beauty and such joy that it is impossible to think of anything else, and all you can do is feel these waves of joy washing over you, growing in beauty and intensity with every passing second.*

Motives. *This is the kind of fulfillment you will be able to feel when you put your whole self into doing a job – any job – well. And you will have plenty of energy left over to enjoy every other aspect of life to the fullest.*

Expectations. *And I don't know whether this experience will leave you with new goals, or with a re-dedication to the ones you already have. But in either case it will be a transforming moment, for it will have the power to change your life.*

By using the BEST ME Technique along with the necessary changes you need to make in your environment in order to accomplish the goals you have chosen, you will be able to provide yourself with the inspiration and incentive for a lifetime of accomplishment and personal growth.

- **A Word of Caution**

Of course, we must still be able to give up on goals which are really *not* worth pursuing, no matter how attractive they may seem at first, in order to protect ourselves from our own mistakes in judgment. The world is full of people who want to become a success as writers, actors, sports heroes, and a host of other things, but are simply not cut out for that kind of work.

On the other hand, many goals which may seem impossible at first are attainable if we are willing to work long enough and hard enough. As we develop the ability to choose our motives as well as our goals, i.e., to have free will in the truest sense of the term, it is up to each of us to decide how practical or how idealistic we want to be.

The BEST ME technique has many other potential applications for the

enhancement of human potential, the ennoblement of the human spirit, and the fulfillment of human existence. People have been saying things like, "*I can't thank you enough!*" and, "*I'm at a point in my life now where I think I can accomplish anything!*"

And the changes which they are reporting in their lives seem to bear this out. It's too early for any hard data, as we have just begun to use these techniques. But we would like to invite you to join us in exploring these fascinating new realms of experience, and sharing with us in the thrill of discovery.

Note: As we mention throughout this book, please use the offered scripts as templates and make customization as required because points which resonate also reverberate, for quite some time, throughout a person's whole mind and body…and even spirit!

Impending Loss of a Spouse

I am not poor, but I am proud
Of one inalienable right
Above the envy of the crowd,
Thought's Holy light!
Better it is than gems or gold
And O! It cannot die!
Thought will live when the stars grow cold
And mix with Deity.

~ Ralph Waldo Emerson

Chuck had recently been diagnosed with advanced lung cancer. His doctors had told him that he had a maximum of two years to live, but he could go at any time. He made an appointment with Don, who continues the story:

> "*I can handle it,*" Chuck told me. "*I've had a full life and we all have to go sometime. But my wife is falling apart. She wouldn't come in to see you by herself, so I told her that I would come and talk to you first. Do*

you think you can help her?"

"*Sure!*" I said, with more conviction than I actually felt. I briefly explained the major approaches in psychology which were currently in vogue: cognitive-behavioral, humanistic, psychodynamic, hypnosis, and so on. "*But most of us are eclectic,*" I went on. "*There are billions of people in the world, and no two people are exactly alike, just as no two snowflakes are exactly alike under the microscope. Snowflakes are all made of the same stuff, hydrogen and oxygen, but their crystalline structure is different. And no two people have exactly the same personalities. We can never promise to cure anyone, but I do feel confident that I can help her.*"

Chuck and his wife, Christine, appeared together in the waiting room for her first appointment, and I greeted them warmly, "*Come on back,*" I said to Christine with a smile.

Whenever I am not sure exactly what to try first, I usually start with hypnosis, since I have been using it for the longest period of time. "*Have you ever been hypnotized before?*" I asked her after the intake procedures had been completed. She told me that she hadn't, but she was open to it.

I gave her the usual pre-hypnotic talk, followed by a progressive muscle relaxation induction and deepening procedure. Christine appeared to be responding well, and I continued with a trip to the Multiverse, emphasizing her unity with all things past and present, both in this universe and all of the other ones as well, as she dissolved into a sea of infinite, unbounded love in the center of the Multiverse, at the center of all possible universes. I told her that she could bring these feelings back with her to the universe from which we left; for they would change her life in many different ways and on many different levels.

Then, after suggesting that all the dimensions in the universe from which she left would be restored and she would be able to think clearly and concentrate normally on anything she had to do, I concluded the session.

Christine appeared to be momentarily stunned, as most people do just after they have returned from the Multiverse. "*Feel pretty good, don't you?*" I casually observed. Wordlessly, she nodded. "*I bet you'll have a*

pretty good sleep tonight," I continued, and after a few moments of small talk laced with observations about how much this was going to benefit her, Christine had become cheerful, animated, and completely normal once again.

I asked her if she would like to make another appointment, and she agreed. "*Do I get hypnotized every time I come?*" she asked, and it was clear by the tone of her question that this was what she wanted. I replied, "*Sure!*"

I could vaguely hear her talking excitedly to her husband in the waiting room as I went to the break area to make myself a cup of coffee while I was waiting for my next client. By the time I returned to the office, they were gone.

People learn best by experience. In spite of all assurances to the contrary, it's hard to deny the evidence of what you see taking place before your eyes. But now that we are able to involve the entire being in experiences that have profound and lasting effects on the personality and self-image of the person who undergoes them, even though the external events may be the same, the observer can become a different person than he or she was before, and therefore the same events can be experienced in a different manner.

As Winston Churchill famously said in reference to another kind of battle, "*This is not the end. This is not the beginning of the end. It is, however, the end of the beginning.*"

Virtual Reality Marijuana

When Don was working in the State prison system in New Jersey, he spoke to several inmates whose brain chemistry had been so unbalanced by using marijuana, sometimes only once, that it had been permanently altered. This danger does not exist, of course, if hypnosis is employed as a substitute - and it's legal everywhere!

Elaine, a 60-year old retired teacher of biology, had decided to pursue a new career as a medical laboratory technician in a local hospital. In order to meet the qualifications for this new job, she was forced to sit through many hours of boring classes which were taught by someone who knew far less about the

subject than she herself did, and who often made mistakes in her lectures. All the rest of the students in the class were much younger than Elaine, and she was not interested in their conversations.

"*I wish I could just smoke some pot, so that I could get through these classes,*" she told Don.

"*Is there a water cooler there, so that you can bring cold water in a cup into the lecture room?*" Don asked. She said that there was.

"*All right,*" he continued, "*What if I told you in hypnosis that when you sipped ice water during these lectures, it would have the same effect as if you were smoking pot? It'd be perfectly legal, of course, and you could get as high as you want to by regulating how much you sip. Then, I could tell you that when you walk out of the room, the act of walking through the door would cancel the suggestion, so that you would be completely down again.*"

Her eyes brightened. "*Yes,*" she said. "*I'd like to try that.*"

From previous work with her, Don knew that Elaine was an excellent hypnosis partner. Since she had used marijuana regularly when she was several years younger, she had the both the suggestive responsiveness and the experiential knowledge necessary to implement his suggestions. When she was hypnotized, Don provided the following multimodal post-trance suggestions, using the BEST ME Technique:

> **B**elief systems. *In the future, whenever you drink ice water, it is going to affect you just exactly as if you had been smoking pot. You will be able to drink as much as you want to, and get as high as you want to, because the more ice water you drink the higher you are going to be.*
>
> **E**motions. *You're going to be able to feel a wonderful, delicious sense of getting high, with all the enjoyment that goes with it.*
>
> **S**ensations and physical perceptions. *You're going to be able to feel stoned in every muscle, and nerve of your body. But you will always be able to think and speak clearly, no matter how high you get.*
>
> **T**houghts and images. *You're going to be amazed at how good it makes you feel. It's going to be better than any trip you've had before.*
>
> **M**otives. *Drinking ice water like this, so that it affects you just as if you had been smoking pot, will take away all of the negative things about*

your lab tech classes, and about being with the other students. It will let you actually enjoy all your lab tech classes, and enjoy being with the other students too.

Expectations. *You're going to be thrilled and delighted with how effective this is. And then, when you walk through the doorway of the classroom to go out, this will have the effect of canceling these suggestions until the next time you need them. You will be completely down, and you can enjoy the rest of your day without a trace of feeling high.*

Elaine informed Don later that his suggestions were working perfectly. She no longer had any trouble sitting through her boring class, and she was no longer annoyed by the conversation of the much younger students who surrounded her.

About three years have gone by since Don taught Elaine the ice water technique. They have stayed in touch occasionally, but he did not mention the subject again until recently.

"*Oh, I still use it whenever I'm feeling bored,*" she said. He was surprised, to say the least. Normally, post-hypnotic suggestions of this type can be expected to "wear off" in a few days unless they are reinforced by self-hypnosis or by subsequent hypnotic sessions, because of the discrepancy between the suggested perceptions and fresh sensory input.

But this is not always true when a suggestion is adaptive, and strongly meets a person's needs. (The goal of therapy, after all, is to replace faulty perceptions with more adaptive ones.) In this particular area of her life, Elaine had clearly found a new reality - a parallel universe - which was far more adaptive than the one she had previously been living with.

The Multiverse as an Adjunct to Psychotropic Medication

Most people who are familiar with the concept of hyperempiria think of it as merely an induction based in suggestions of alertness, mind expansion, and increased awareness and sensitivity, in contrast to a traditional hypnotic induction based on suggestions of drowsiness, lethargy, and sleep, which is how Don defined it originally.

But hyperempiria literally means hyper-experience; and in his Blog, Don

provides examples of how this concept can shed light upon experiences as diverse as falling in love, being ”saved” in a revival meeting, coming under the sway of a totalitarian dictator, or turning oneself into an animal in Native American culture (transmogrification). When applied to an alternate and parallel Universe model, hyperempiria provides the brush with which it is possible to paint upon the canvas of human experience practically any masterpiece we may desire, as illustrated by the following case.

“I got into a lot of trouble in high school,” Sandra told Don. She was born into a close-knit, loving family; but she was diagnosed with attention deficit disorder in grade school and placed on medication, which was not always effective. Later, in her teens, she was briefly hospitalized with bipolar disorder, which also proved to be medication-resistant. It was not long before she began to be active in the high school drug culture in an attempt to self-medicate.

Sandra did manage to graduate from high school; but her rapid fluctuations in mood made her practically unemployable. She met and married a man who was also a drug user, and the couple subsequently had two children who, along with the loving support of her parents, became the key to her rehabilitation.

Sandra divorced her husband, who did not want to stop using drugs. She successfully applied for disability for her mood disorder, and enrolled in an outpatient treatment program. As her outpatient treatment was drawing to a close, she began seeing Don as a client in his psychology practice. As Don continues:

Sandra responded very well to hypnotic trips to the Multiverse to stabilize her prevailing mood, as an adjunct to her psychotropic medication, and reported fewer and fewer bouts of depression. However, after a few visits, she told me that while the children were in the care of her parents, her ex-husband had come to visit her and the couple had used drugs together. This caused her considerable anger and distress, because she had been making such good progress in becoming a different person.

Don gradually began to make the suggestions for traveling to and from the Multiverse, and for dissolving into the infinite ocean of bliss, more intense for each of the next two sessions; and each time, Sandra would comment that the session went especially well. On the third visit after she had met and

shared drugs with the man who was now her ex-husband, she reported that she had done so again.

She also reported having several outbursts of anger in the past few days after she had "slipped" for the second time. She had continued to regularly take her prescribed medications, although they were not always as effective as she would like them to be.

Don told her, "*You've seen what a trip to the Multiverse is like, and there is no limit to how strong we can make it…Would you like to do that, to get rid of those triggers that keep you from slipping back again?*" She promptly nodded, and he then provided a session which was even more intense than any previous one.

Don's client still had the kind of "Alice-in-Wonderland" imagination which we all have as children, made much stronger by her adult ability to conceptualize. Realizing how much these Virtual Reality Hypnosis sessions have been helping her, she could safely let her imagination go as much as she needed to in order to comply with the experiences which she was about to undergo.

As they began the transition to the Multiverse, Don included the suggestion that this was a higher level of reality which would provide her with all the strength that she needed to eliminate the triggers for the situations that she wished to avoid in the future, and proceeded to amplify the suggestions for riding through each color of the rainbow so that she could allow herself to dissolve completely into each one in body, heart, mind, and soul.

She could also do so in the ocean of infinite love at the end of the rainbow and she would experience the return voyage in a similar fashion. She would be able to carry these feelings back with her and they would be able to provide her with all the strength that she needed to override the triggers that had caused her to self-medicate, while providing her with the extra energy that she needed to live a normal life

Shortly thereafter, Sandra told Don that she had obtained part-time employment to supplement her disability pension, and that she had enrolled in some online college courses at a nearby University. She was in the process of moving herself and the children to her own apartment.

Her diagnosis of bipolar disorder requires her to continue to be monitored on

a regular basis, which hopefully will make it possible for Sandra to maintain and improve upon her previous gains.

Multiversal Therapy of Depression

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Speaking on the eve of his 75th birthday at the Royal Institution in London, Professor Hawking shared his theory that it is possible for information to escape from even black holes – an idea previously held impossible. He posits that information could be stored in alternative universes and takes his theory further by suggesting that "*black holes ain't as black as they are painted. They are not the eternal prisons they were once thought.*"

Hawking goes on to say, "*Things can get out of a black hole both on the outside and possibly to another universe. So if you feel you are in a black hole, don't give up – there's a way out.*"

Presenting to Don's private practice, "Jennifer" was a forty-five year old, married, Pentecostal of Italian-American descent with two grown children, who had converted from the Roman Catholic faith as a teenager. She was currently drawing workmen's compensation payments for a work-related injury. She had lost interest in sexual relations with her second husband, to whom she was recently married, and she had ceased to look for work. She usually spent her days sitting at home watching soap operas.

She was raised in a Chicago tenement, and both of her parents, who taught in a local Catholic school, were alcoholics who fought regularly with each other, and who frequently would beat her with a chain cut from a children's swing. In order not to alarm the neighbors, Jennifer had to force herself to remain silent during these beatings. If she did cry out, her parents would only beat her more intensely until she learned to endure her punishments in silence.

As she was growing up, her older sisters would occasionally set her up by placing a pack of her parents' cigarettes in one of her clothing drawers, and then tell on her. Unless she "told the truth" and admitted that she had stolen the cigarettes, her parents would beat her even more severely for "lying."

She married as soon as she could in order to get away from home, vowing

that she would never be beaten again. Her first husband, with whom she had two children, was an extremely jealous and possessive man who watched her every move and insisted on being waited on hand and foot.

Jennifer's two "signature strengths" which had kept her going were her closeness to her children and the pride which she took in her work. When she presented at Don's office, with a lifelong history of depression which had recently worsened with the loss of one of these signature strengths (her job), she clearly needed to change the manner in which she thought and felt about herself, the world, and the future.

But, like many real-life clients, she was probably too depressed to become sufficiently involved with the slow, painstaking "homework assignments" of cognitive therapy. Instead, she needed an experience of mystical intensity, which would fill her with enthusiasm for life, restore her desire to work, and re-awaken her passionate relationship with her new husband.

Don chose to employ a traditional hypnotic induction rather than a hyperempiric one, because he suspected that Jennifer would have learned to be extremely good at shutting off her conscious awareness due to her frequent childhood punishments. Since hyperempiria literally refers to a state of "enhanced experience," high responders are often able to perform quite well by first going "down" into hypnosis and then "up" into hyperempiria, much as one might first draw back a slingshot in order to increase its forward momentum, feeling alternately shut down and hypersensitive in turn.

Jennifer responded extremely well to the induction, and was totally amnesic for the experience. With her prior knowledge and consent, Don used suggestions similar to the following, pulling out all the stops to induce the required levels of happiness and enjoyment to re-orient her approach to life and to re-awaken her emotional responsiveness.

> **B**elief systems. *Now we are reaching down farther than ever before into your vast, untapped potential for feeling happiness and joy.*
>
> **E**motions. *Great waves of happiness and joy are flowing out from the innermost depths of your being, like water from a hundred secret springs.*
>
> **S**ensations and physical perceptions. *These waves of happiness and joy are bathing you from head to toe in wave after wave of infinite,*

boundless peace and happiness.

Thoughts and images. *You are pre-experiencing now, in concentrated form, the happiness and satisfaction that will always be yours in response to a job well done.*

Motives. *And the more you feel, the more you are able to feel. And the more you feel, the more you want to feel, and the more enjoyable the experience becomes.*

Expectations. *And as a result of these hypnotic experiences, your entire outlook on life will be different, and each new day will become a thing of wondrous beauty.*

At the conclusion of each session, the intensity of her emotional level was returned to normal, post-hypnotic suggestions for relaxation and clear-headedness were provided, and the session was concluded in the usual manner.

At the end of the first session, which lasted approximately thirty minutes, Jennifer became momentarily tearful, explaining that it was such a relief to have someone to talk to about her problems with her neighbors and her extended family, since her husband was not interested in these details. For the remainder of the first session and the remaining sessions, they would devote half of each session to hypnosis, and half to a discussion of these topics.

Her manner immediately brightened; and as she arrived for the third session, she announced that she had resumed sexual relations with her husband.

At about the fifth session, Jennifer told Don that she had begun looking for work. She also stated that her managed care insurance company had requested a review of her case, which is customary for workers in her State who are drawing disability for on-the-job injuries.

The insurance company review took place at the conclusion of Jennifer's eighth session. The reviewer noted in his report that she was wearing jewelry, and did not appear to be outwardly depressed. Jennifer was amnesic for the specific content of the suggestions she was given under hypnosis, and the reviewer – apparently not wishing to be criticized for being one of the reactionaries who still do not believe in hypnosis, even though he apparently was – made no reference to the treatment itself. Instead, he focused on Don and Jennifer's discussions of her daily problems during the second half of

their sessions, pronounced them “specious,” concluded that she was not depressed, and allowed four more sessions for termination.

Soon afterwards, Jennifer told Don that she had found a job teaching the very skill for which she was disabled. At the first interview, she was asked if she would mind taking over the program and administering it. The current supervisor, apparently, was in some political difficulty, and Jennifer was being groomed from the start to become his successor, which occurred within a matter of about a month.

Jennifer was seen for a total of twelve sessions, as provided by her workmen’s compensation insurance. Don called her home one Sunday, six months after the conclusion of the twelfth session, in order to ask Jennifer how she was doing. Her husband answered, and said that she had gone in to work that day, to finish cleaning up the paperwork mess left by her predecessor. Don then called her at the work number which he provided, and she reported that she was indeed doing well.

Don contacted her for a second follow-up one year after her treatment had been concluded. She reported that she was still experiencing pain from her work injury, and that political problems had developed on her job, and she was currently busy with wedding preparations for her second daughter.

Weight Loss

Since there are an infinite number of parallel universes, changing from one to another may often happen so smoothly that we are not aware of it.

Sometimes, we help clients to change their life story by creating a different account of their past than the one which they was currently following. (You’ll read about this in the next chapter.) When you start in the present, your task is somewhat different because you and your client can work together to create a different parallel universe in the future, using a combination of belief and changes in the environment.

Marlene, a married woman in her mid-forties who was employed as a nurse educator, sought Don’s help in order to lose weight. With the thoroughness one might expect from a person in her profession, she had obtained clearance from her physician to proceed with a weight loss program, along with a recommended diet. She was not currently taking any medication.

She described her relationship with her husband and children as warm and affectionate, and she told Don that her life was fundamentally happy, with no major stressors which might serve to distract her from her weight loss goal.

As Don picks up the story:

> Her anniversary was some eight months away. She was going to surprise her husband by arranging a getaway weekend at a hotel in New York City. She would rent a limousine to spirit them into the City and have dinner at a stylish restaurant. She planned to wear a treasured dress which she had saved from her honeymoon. But she needed to lose twenty pounds in order to get into it - and that's where hypnosis was involved.
>
> I asked Marlene to keep a daily record of her weight, and to take her wedding dress out and keep it someplace where she could see it every day. I also taught her how to place herself in hypnosis, and how to use the BEST ME Technique of multimodal suggestion to pre-experience the attainment of her weight loss goal, using the anniversary restaurant dinner as a setting in which she could also begin to visualize the many dimensions of its fulfillment, such as the admiring glances of people around her, the pride which they both felt as they became aware of these glances but pretended not to notice, and the warm glow which they both felt inside as they exchanged knowing looks in anticipation of the night which was to follow.
>
> Her plans also included renting a hotel room for the evening. Once she had mastered self-hypnosis and the BEST ME technique, she was easily able to devise several multi-modal scenarios for the remainder of the evening which, for obvious reasons were best left to her to compose on her own.
>
> Follow-up sessions were scheduled at progressively greater intervals as Marlene's self-imposed deadline drew near, in order to make sure that her progress was continuing and that her goal would be satisfactorily attained, which it was. She later told me that the evening was every bit as good as she anticipated that it would be.

The secret of Marlene's success was that she was not just "fantasizing in a vacuum." She was selecting a goal and the necessary visualizations which would increase the meaningfulness of her life story as it unfolded. These

were changes that she could not merely *believe*, but that she could also believe *in*.

As stated previously, whatever personal goal you have set for yourself, look for ways to incorporate it into your own life story in such a way that you can believe *in* it as well as merely believing it. If you can believe *in* it deeply enough, *you can make it happen!*

Updating Helpful Programs

If our brain is like a computer, as it has often been suggested, then the many programs we use to live, function and otherwise exist are stored somehow within that metaphor. Some theories even posit that every cell of the body has a mind of its own, so those programs are likely running in many places and in many ways.

Sometimes, one of these programs gets downloaded earlier in life and then becomes a default, ticking away largely beneath conscious awareness, serving its owner…or not. Helping a client find awareness of how their behavior is hoping to serve them becomes easier when we track it back to its origin.

Kelley welcomed to her office, June, a lovely young woman who sought relief from her tendency to binge eat. She had been engaging in cycles of over-eating, then feeling terrible about it...which triggered subsequent spates of over-eating, etc. This left her feeling not only unhealthy, but discouraged and even mildly depressed.

During the intake conversation, June described how she, growing up in a third world country, was constantly hungry as a child and often had to resort to eating fruit found in the neighborhood for sustenance. As a result, by the time she was 18, she still had the physique of a young child, having failed to start menstruation and without the curves of a typical woman of that age. This, of course, was very dismaying to her and she determined to “fatten herself up”. She sought out and consumed vast amounts of food over the next six months and effectively changed her body. She started menstruating, grew breasts and hips and felt much improved.

A year later, June immigrated to the United States, enrolled in college and proceeded to create a successful and happy life. Happy, that is, except for one

problem: she struggled to control her over-eating habit. And even though she was still relatively young, she knew that continuing to be out of control in this way would eventually take a toll not only on her physical health but cause her to feel even worse about her apparent lack of control over food intake.

After hearing June's story, Kelley knew the course to take and proceeded to take June on a hypnotic journey to a universe into which she could invite her younger, desperate-to-be-a-woman, self. In this place, June and her younger self connected; June assured her that she was okay and that she would be okay. She told her that she was a genius for coming up with that eating strategy but that since it worked (because, after all, here she is…looking great!) it was no longer necessary to eat in that manner.

The younger June happily agreed to help the older June take good care of her body – to eat in a healthy and balanced, mindful way. (Kelley added in suggestions for healthy eating, based on June's previous request.) Together, they visited some of June's childhood neighborhood, enjoying the sights, the people and each other's company. Following this adventure, Kelley suggested that June could re-visit this universe and her younger self any time that she needed or wanted to.

When June returned from this Mindful Hypnosis journey, she immediately burst into tears of relief and stated, "*I forgot how much I wanted to be normal!*" The experience of connecting with her younger self was profound and the effects were lasting: from that day onwards, June no longer experienced the out-of-control eating that had previously caused her so much misery.

Chapter Eight

Time Distortion in the Multiverse

Thanks to brilliant tales like H.G. Wells', *The Time Machine*, and a plethora of other science fiction creations such as *Back to the Future* that portray transportation to different times, before, during and after known human history, most people are fascinated with the whole idea of time travel.

Virtual Reality Hypnosis affords the perfect venue to take a partner on a trip to an alternate time zone for the purposes of self-improvement or, just for fun. And unlike in Wells' story, no malfunctioning machines or Morlocks have to come into the picture!

Creating a Different Past Story

One of the major problems people encounter is being stuck in the past; despite their best efforts to move forward, past experiences, and even more importantly their perceptions about those experiences, color not only present day but future existence. Kelley helped a client change how she felt about her childhood, which changed her entire life. Kelley tells how her client was able to change her story and become free:

> Sharon came to see me, hoping that hypnotherapy would relieve her of the resentment and ensuing guilt she felt over being abandoned by her father as a young child. In recent years, she and her father had reconnected and enjoyed some wonderful time together. Regardless, after her father died following a short illness, Sharon found herself drowning in a mixture of grief and anger that, two years later, led her to my hypnosis practice looking for help.
>
> Her heavy emotions were limiting her joy, intruding on her quality of sleep, and she found herself engaging in eating habits that resulted in what she described as "overnight" weight gain exceeding 50 pounds. Sharon also relayed that she felt herself withdrawing from social

interactions and even holding back affection from her husband, who struggled to understand what she was experiencing. In fact, she didn't understand what was happening; she thought she and her father had resolved all of the old hurt from the past and it was confusing and frustrating to feel it more strongly than ever, especially since he was now, in her mind, completely gone.

Sharon's problem was not one of conscious choice – her inner mind was still struggling with the perceptions of being abandoned by her father; she had tried without success to think herself out of these feelings and had only grown more distressed by her failure to do so.

After hearing Sharon's dilemma, I asked her the "magic question": "*If I used a magic wand, and tomorrow you wake up and this problem is solved, what will be different for you?*" This inquiry is vital in gaining direction for our work together and it's fascinating to observe as a client searches internally to imagine *not* having their problem; it's also interesting to notice a person's lack of ability to imagine being free of the problem. In Sharon's case, she immediately smiled and said that she would feel lighter and have a sense of peace in her heart.

With this, we had already begun to create a blueprint for her subconscious, a template for our goal: feeling lighter and having a sense of peace in her heart. I learned early on in my hypnosis career to utilize my client's language and imagery for best results and many times in the ensuing hypnosis engagement would I repeat her desire, exactly as she described.

While hypnosis may appear magical to many and, in fact, magic does seem to happen so often, what we do has a strong scientific base to it. Delving into different brain states through a variety of methods, we engage a client's imagination to *suspend disbelief* and therein blast through any limitations to thought and indeed all sensory experience. I took the time to explain to Sharon that her imagination, which is housed in the subconscious thought processes, doesn't differentiate between real and fantasy and because of this, what we were about to do would be experienced *as if* it were really happening.

I gained Sharon's permission to guide her, in hypnosis, to an alternate universe, in which she could experience life as she desired; transcending

the painful memories and creating new ones that would leave her emotional self feeling exactly as she wanted: lighter and with a sense of peace in her heart.

After eliciting physical relaxation in Sharon (not necessary for hypnosis, but often helpful, pleasant and expected for many clients) I guided her in entering her idea of that alternate universe, a place in which time and space have no boundaries.

Within this realm, I suggested that she recall a time when she was young and observe herself as a child, dissociated from the scene. I did this to insure that whatever scene she encountered, she would be somewhat detached from it, gaining perspective along with a sense of security. I allowed time for Sharon to access that imagery, waiting until she nodded.

Sharon described briefly the setting and I prompted, having her notice aspects of her child-self, reminding her that she knows all about that girl; what her life is like, what her worries and concerns are, what she dreams about, etc. I asked her to notice that child's strengths and then to get in touch with how she feels about that child, suggesting that she let the child know that she loves her, that she is never alone, that she will always tell her the truth, no matter what…

After establishing this bond, I allowed Sharon to gently move *into* the child, taking on the perspective of being the child while also keeping her adult side with her. It's often helpful to simultaneously look back at life through your young eyes and be able to utilize your experienced, wise resources.

I then told her, "*In the next few moments, your dad is going to come pick you up for a wonderful day together. The great news is that you get to choose exactly how the two of you will spend your day…so get really curious…now…about how that is going to unfold…This day is going to be one of your favorite experiences…everything will happen exactly as you want it to happen and you will experience and feel everything that you want to feel…*"

After a minute or so, I informed Sharon that her dad had arrived and it was time to go and have that marvelous day together. She beamed with happiness as the two of them took off for their adventure together. For

the next 15 minutes, she smiled and laughed as she relayed the various points of interest: how they visited an amusement park, the rides they shared together, how her dad held her hand when she became a bit apprehensive on a Ferris wheel, the meal they shared…and more. A highlight came when young Sharon (with the adult Sharon ever present) sat next to her dad by a lovely pond, feeding ducks and they talked about "anything and everything". She described feeling light, with a sense of peace in her heart.

Eventually, it was time to depart that beautiful alternate Universe, but I confirmed to Sharon that she can return to it whenever she wishes; there are no boundaries to the joy, the love, the time she can spend with her father there. So it was with a smile and a wave that she said, "*So long for now!*" to her dad and allowed me to guide her back to the here and now.

The woman who opened her eyes was not the same one that had entered my hypnosis office only an hour previously; she simply glowed and indeed looked lighter and at peace. When I asked her how she felt about her relationship with her father, she smiled and replied, "*I feel wonderful. I really love him and I don't even really remember what I was upset about.*"

In this case, Kelley used Virtual Reality Hypnosis to change her client's emotional perspective and even though the client intellectually knew what her past contained, she no longer felt the negative charge and was free to move forward as she desired.

Remembering the Future

Sometimes when one is shuttling back and forth between parallel universes, it can seem as if the laws of cause and effect are working backward as well as forward. Don shares this case:

Rita, her mother, and her brother, were emotionally devastated when her father died from a sudden heart attack just as Rita was entering her adolescence. One way that her mother attempted to deal with this loss by binding her daughter as tightly to herself as she could. When she attempted to walk two blocks to the library in order to do her homework, her mother

would send the police after her to bring her home! As might be expected, this kind of emotional overkill fanned the flames of Rita's adolescent rebellion to a fever pitch.

On her eighteenth birthday, she stormed out of the house and into a marriage which turned out to be a disaster. Her husband, who was from South America, was only interested in being married long enough to qualify for United States citizenship. He would watch pornography morning, noon, and night, and disappear into the bathroom for long periods of time. On the rare occasions when they did have sex, it was difficult for her to escape the feeling that it was all for himself. He seemed to take the greatest pleasure in the emotional pain and humiliation which he caused by denying her physical needs rather than satisfying them.

After the marriage dissolved, Rita obtained a job as a flight attendant on a major national airline. The trauma of her previous marriage, fueled by anger, resentment, and a deep desire for revenge, made it extremely difficult to form a stable and lasting relationship; but of course, there was ample opportunity for a series of brief and intense liaisons, which she took full advantage of.

("*World, here I am!*" she once said to Don, in reference to this period in her life, blushing deeply as she realized the full implications of what she had just said). But every time she got emotionally too close for comfort, it would trigger her previous trauma. She would turn hostile and pick a quarrel, endlessly nagging her boyfriend of the moment until they would permanently break up.

Approximately four years after she had gone to work for the airline, she met and moved in with Jim, a pilot in his late thirties, who, although he too had numerous past relationships, had never lived with a woman before. Unlike her previous temporary relationships, she and Jim would make up after a quarrel instead of separating completely. But the ghosts of her past still haunted her, she initially sought counseling in order to decide whether or not to permanently leave him, as she had left all the others. Don told her that while he could not make that decision for her, he could help her to examine her current situation and explore her options in order to feel more confident that her own decision, once it had been arrived at, was more likely to be the correct one.

As they were about to "permanently" break up one more time, Rita asked Jim

as she was preparing to leave, "*Do you still want me to make lasagna for dinner tonight?*" which was his favorite dish. He agreed and she looked somewhat surprised as Don observed that this did not seem like what a couple would be expected to do who had just had a huge, angry flight and had sworn never to see one another again.

After a few counseling sessions, Rita decided that Jim was definitely the man that she wanted to spend the rest of her life with. The question then became, how could the couple cease their intense quarreling, and how could her boyfriend be induced to propose to her?

Rita knew that Don was a hypnotist; and she used to humorously call him "brujito," a Spanish term for someone who is psychic and casts spells. She also used this term for her mother. Don told her about Claude Bristol's book, *The Magic of Believing*, which maintains that you can bring about anything you desire if you can first believe in it deeply enough to remove all doubt. Rita seemed to be ideally suited to meet these conditions. She was deeply in love and, as she once told Don, "*I have the sex drive of a pubescent male!'*

She purchased a copy of Bristol's book, and read it intently, a few minutes at a time, during her flights. Although Bristol did not make use of hypnosis, Rita was very receptive to using hypnotic suggestion as a means of focusing and strengthening his definition of magic as "the action of thought upon matter."

Rita was hypnotically gifted, and she could easily experience in her imagination an alternate universe in which the stormy and traumatic events which she experienced during her adolescence and early adulthood had never happened at all.

She had always wanted to be proposed to while lying on a blanket in the woods. After setting the scene in an alternate universe, she was able to pave over the previous experiences which had inhibited her ability to completely let go during the most intimate moments of the act of love. Suggestions similar to the following were provided:

> *Now the scene is changing once again, and you and Jim are all alone in the woods. He has brought a blanket with him, and he is spreading it out on the ground so that you can make love under the stars.*
>
> *As the night slowly passes, you are joining together so completely,*

in mind, and body and spirit that you have become one in every sense of the word. ***Believe*** *it will happen,* ***expect*** *it to happen, and* ***feel it happening!***

In this higher state of consciousness and in this higher level of reality, focus the power of your mind to recapture and concentrate into one single moment, all of the love that you and your lover have shared in the past. If you can believe in it you can believe it, and if you can believe it you can make it happen!

Now, multiply this love 10 times over. ***Believe*** *it will happen,* ***expect*** *it to happen, and* ***feel it happening!***

Concentrate this love and send it into him like a laser beam. Feel it now, flowing into every fiber and muscle and nerve of his body and feel him beaming it back to you. ***Believe*** *it will happen,* ***expect*** *to happen, and* ***feel it happening!***

His love for you is now so great that it is impossible for him to be romantically or physically or emotionally attracted to anyone else.

Your fears of abandonment have been eliminated, and you are able now to surrender yourself to loving him totally and completely, in body, heart, mind, and spirit.

Now I will stop speaking for a few moments so that you can guide the rest of the experience yourself.

(After about a five-minute pause)

Finally, as the sky above you begins to lighten, you sink back exhausted with joy. The intrusive thoughts you may have had in the past have been completely covered over by the power of your love, and you are truly one in body, heart, mind, and spirit.

You will have neither the energy nor the inclination for thoughts of any other type of release; for your fulfillment here as a woman has led you to joy beyond your wildest dreams.

And whenever you and Jim make love in the future, you will be so intensely aroused and so highly responsive that it will fulfill you as a woman more deeply than anything you have never known before. Let yourself believe in it with every ounce of strength that is in you. If you

*can believe **in** it, you can **believe** it; and if you can **believe** it, **you can make it happen!***

Rita reported that these suggestions had been extremely effective. On one particular visit, she had to leave her cell phone on because she was on call for the upcoming Thanksgiving weekend. Halfway into the self-directed portion of the experience, her phone went off, but she gave no indication of having heard it. Don apologetically spoke to her, as if he was awakening her from a nap, and she opened her eyes and took the call. The caller turned out to be her brother. "*We have twenty minutes to respond,"* she told Don, and decided to turn the phone off for the remainder of the session, which was due to be concluded in fifteen minutes.

"*Now you can go all the way back into hypnosis, very rapidly,"* Don said, and began an abbreviated progressive relaxation induction to take her back to the portion of the experience where she was making love to her boyfriend in the woods, and able to direct the experience herself.

A few seconds into this abbreviated induction, she giggled suddenly, so Don asked her what was up. She sad, "*I didn't know I could go all the way back there so fast. WHEEE!"* They both laughed, and he then quickly completed the induction.

Rita reported that these suggestions were effective in ending their pattern of frequent quarrels that used to result in a temporary breakup whenever their emotional relationship became too intense. She referred to the current portion of their relationship as a "honeymoon." Jim began to investigate the quality of the schools in various neighborhoods where they were planning to relocate.

But after a while, Rita began to notice that the closer they began to draw together, the more impossible it became for her not to pick a quarrel and spoil the idyllic relationship they had created together. "*Why do you think I haven't proposed to you already?*" Jim asked her when he had been pushed once more beyond his limit. As she and Don discussed the situation, it became clear to both of them that she was suffering from an underlying post-traumatic stress disorder which was the result of her disastrous first marriage and that she would need to receive therapy from a psychologist who is a trauma specialist.

After another blow-up, Rita moved out once more - but not for long. She recently e-mailed Don that she and Jim are back together again, living together peacefully, and "doing great." She is seeing a PTSD specialist who has been helping her "tons" while she has been working hard to make sure her progress continues in recovery. He has also been to see her therapist and has made some positive changes. Apparently Rita will soon have no cause to wonder why Jim has not proposed to her yet, because if things continue on their present course, he does seem likely to do so.

The proposal that Rita was able to repeatedly experience through Virtual Reality Hypnosis in a parallel universe enabled her and Jim to enter a honeymoon phase in this universe which was well in advance of a formal proposal actually having been made here. This honeymoon experience is currently acting to remove the blocks to Rita being proposed to in her present universe, thereby restoring the normal sequence of cause and effect that we have grown used to from living in only universe at a time.

For the Love of Reading

A client came to Kelley hoping that hypnosis could help him improve his study skills. Specifically, his motivation and abilities in reading were lacking and since he had returned to school at the mature age of 63, he felt especially challenged in what was a completely new learning environment for him.

During their initial conversation, this man told Kelley of his childhood love of reading, how he used to stay up late at night, devouring adventure stories by flashlight beneath his bed covers. However, he also grew up in an abusive home and his mother would regularly beat him for disobeying her "lights out" rules. This had the effect of anchoring the act of reading with the abuse that young boy had endured by his own mother. It was no surprise that the man's aversion to reading was strong, but he had a great desire to overcome it and succeed with his college career.

After explaining the idea of multiverses to her client and assuring him that she would help to keep him safe (our goal is to *never* use hypnotic processes to re-traumatize a person), Kelley proceeded to guide him to a parallel universe where he could not only get in touch with that small boy, but he could also recreate those reading experiences. Within the hypnosis, he was able to enjoy several instances of feeling free to experience the joy that

reading afforded him, especially when the scenarios included his mother lovingly reading to him.

During the hypnosis, Kelley incorporated a BEST ME approach that went something like this:

> **B**elief systems. *Soon we are going to help you to change how you feel about reading, so that you will be able to enjoy the pleasure and the excitement of reading as you truly deserve…and as a result of this, you will be able to read anything comfortably and achieve your study goals easily.*
>
> **E**motions. *We are reaching down into the depths of your vast, untapped potential for feeling safe and loved. Great waves of unconditional positive regard for yourself and for all beings are flooding out from the depths of your potential, growing stronger and more beautiful and more intense with every passing second.*
>
> **S**ensations and physical perceptions. *The waves of loving joy are becoming stronger and more intense, filling and flooding every muscle, and fiber, and nerve of your entire body with a profound energy which is greater than anything you could possibly imagine.*
>
> **T**houghts and images. *As you are re-united with that small boy, both of your hearts and minds are filled only with thoughts of unconditional positive regard…so that it is impossible to think of anything else, and all you can do is feel these waves of love washing over you, growing in beauty and intensity with every passing second. The two of you share the love of reading so that it's an everlasting, unbreakable, unshakeable bond, keeping you forever connected.*
>
> **M**otives. *This bond is the energy and the power you feel anytime you think about reading any material and it allows you to not only read and comprehend beautifully…it reminds you of how special you are, how important you are, how loved you are. Reading leaves you feeling empowered in all ways and this feeling radiates out into all*

aspects of your life.

Expectations. *And anytime you need to tap into this power, all you will need to do is to think about this wonderful bond between the two of you…a lasting, energizing, loving connection that keeps that young boy alive within you, inspiring you with the creative curiosity of a child. From this moment on, you experience a deep and satisfying enjoyment of reading that continues to move you forward feeling secure and loved.*

This man later explained to Kelley how, in that alternate universe, his mother actually read a poem to him that apologized for her behavior, which he had previously found unforgivable, and asked for his forgiveness. There, in that infinite sea of love, he and the child found it compelling and even easy to give forth that forgiveness, releasing decades of toxic resentment and self-blame.

This was one of the times that Kelley wished she had taken "before" and "after" photographs of her client – for the man who left her office that day was certainly not the one who had arrived a short time earlier. Indeed, when coming in for a follow-up appointment a few weeks later, he reported that his college instructors were "flabbergasted" over his improvement. His assessment scores in math and reading had jumped astronomically, showing levels of advancement they had never before witnessed!

Turning Back the Clock of Time

Perhaps you remember watching the 1985 Ron Howard film, *Cocoon,* in which elderly residents of the Sunny Shores retirement home are magically rejuvenated through accidental alien intervention. Ellen Langor, a Harvard psychologist, did her own magical experiment early in her career, in 1981, when she and some colleagues transported older adult men into an environment that resembled one from the 1950's. The men were dropped off and told to "pretend that they were living back in the '50's".

The results were amazing: after only a couple of weeks of living "as if" it were that time, the men experienced remarkable improvement in not only cognitive skills, but physiological function and comfort. Interestingly, a

similar group of men who were instructed to merely reminisce and enjoy the environment did not experience such improvements.

Langor's experiment reinforces our belief that when we use Virtual Reality Hypnosis to provide our clients with the experience of going to an alternate or parallel universe *as if they are really doing it*, some magical things can happen.

We can use a multiverse template to embrace positive memories and experiences from the past to promote mental and physical wellness in the present. Kelley was asked by an older gentleman to come visit him and his wife who lived in a care facility in a nearby town. His wife was suffering from dementia and also had some chronic jaw pain that kept waking her (and him) up at night. Due to her declining mental state, she resisted taking any oral pain medication and he was progressively depressed over watching her suffer, not to mention drained from his own lack of sleep.

One common aspect of dementia is that while short term memory function is often impaired, long term memories stay intact. Upon talking to the lady, who was warm and friendly, Kelley asked her to tell her about a favorite time in her life. Lighting up with a beautiful smile, Margaret spoke in detail about their honeymoon, over sixty years ago, in Hawaii…describing what she wore, the color of the water and even the taste of the fresh pineapple they shared on the beach. Equipped with such detailed fodder for a hypnosis session, Kelley asked her to close her eyes and together they took a trip to an alternate universe, in which Margaret and her husband frolicked upon the beach.

Forgotten was the pain, the aging body, the daily conflict with the nursing staff over medications…instead, this lovely woman relaxed back and once again enjoyed those magical moments of her honeymoon.

Upon emerging from this experience, Margaret was calm and comfortable and happily held her husband's hand as he sat next to her, amazed at what he had just witnessed. Kelley assured him that he could help his wife achieve this level of comfort, too, merely by reminding her of not only that time, but of other life experiences that helped her feel good.

Additionally, Kelley created and shared with the couple an audio in which the two of them could travel to the Multiverse to that honeymoon any time they wanted to and especially at night when they otherwise would have been distracted by their present situation.

Note: We include an age regression template in our Self-Directed Virtual Reality Hypnosis chapter so that you, too, can repeatedly enjoy marvelous trips into your past!

Chapter Nine

Mystical Experiences

Mother Teresa (now Saint Teresa) had a mystical experience while she was in her teens, and spent the rest of her life futilely trying to re-capture it. But as hypnotists, we know that it is possible to re-experience previous events even more intensely than when they first occurred.

People of many different religious traditions have attested to the life-changing potential of mystical and transcendental experiences involving contact with a consciousness beyond one's own. It should therefore be of no consequence whether the religious and metaphysical beliefs of the client are shared by the hypnotist, or are in conflict with those of the hypnotist, or whether the hypnotist has no theological or metaphysical beliefs at all.

Prayer and Religion

The following multimodal suggestions for facilitating meditation and prayer describe a visit to a cathedral. They may easily be modified to refer to a visit to a temple, a mosque, an ashram, a shrine, or any other site or event which the client may find personally meaningful.

After the hypnotist has become sufficiently aware of the client's needs and preferences through preliminary discussion, and the client understands and fully consents to the experiences in which he or she is about to participate, suggestions similar to the following may be given. (The suggestions have been written in BEST ME format as an illustration of how this method may be used to insure comprehensiveness.)

> **B**elief systems. *Now, as I continue to speak, you can gradually become aware of yourself standing in front of a pair of large wooden doors, which are the doors of a great cathedral. If you accept each detail of the scene as I describe it, without trying to think critically, your imagination can be free to allow you to experience the situation just as if you were*

really there. So just let yourself stand there a moment, gazing at the carved wooden doors, as you prepare to enter.

(Brief pause.)

Now, as the doors swing open, you first traverse a small area paved with stone, stopping at the font if you desire, and pause before a second pair of doors which leads inside.

Emotions. *You can feel a surge of happiness and anticipation as you pass through a second pair of doors and into the dimly lit interior. As your eyes gradually become accustomed to the dimmer light from the stained glass windows, take a moment to look around in wonder at the magnificence of all you see.*

Sensations and perceptions. *Let yourself breathe slowly and deeply, as you inhale the faint aroma of incense, and listen to the gentle tones of music floating upon the quiet air.*

Some distance away from you stands the High Altar, bordered by banks of gently glowing candles. You select a pew and, after pausing to genuflect if you wish, you enter the pew and take your seat or kneel once more.

Thoughts and images. *Let your mind flow with the experience, and allow it to fill you to the very core of your being, until you feel as if you are able to hold within your own consciousness an awareness of the entire universe, and all its beauty. As it does, you can feel yourself gradually becoming aware of the presence of a Consciousness other than your own.*

As this Consciousness begins to merge with yours, you can feel the power of an infinite healing energy filling and flooding every muscle, and every fiber, and every nerve of your entire body. And it's as if all of the worry, and all of the tension, and all of the care that you have ever felt are being driven out and replaced by the power of this infinite, unbounded, healing love.

As your own consciousness merges ever more completely with this Infinite Awareness, you feel as if you are able to hold within your own mind an awareness of the entire universe, and all its beauty - infinite, beyond infinity, and eternal beyond all measure of eternity. And in this

sense of total oneness, you are able to freely communicate all your deepest thoughts and needs.

Motives. *The experience, as it continues, is providing you with all that you had hoped to obtain from it. The serenity and the peace which you find here will remain with you, as a source of deep inner strength which will enable you to cope much more effectively with all of life's problems.*

Expectations. *You will treasure the memory of this experience as it meets your needs in the future; and each time you return, you will be able to derive new benefits which will meet your needs even more effectively.*

At the conclusion of the experience, the client may be re-oriented to the present and the induction concluded in the usual manner.

Re-Energizing a Mystical Experience

Many other people, of course, have had mystical experiences. When such a history is present, it can serve as a focus for re-energizing their present view of life. For example, a 58 year old retired English teacher and mother of five grown children who recently had been divorced after a marriage of forty years came to Don for help with depression. She was spending the greater part of each day in bed, with the blankets drawn up over her head. She was taking antidepressants, but they did not seem to help. She responded well to hypnosis, and early in the course of therapy, she mentioned that when she was about sixteen, she had a mystical experience: "*I could step beyond the ordinary world of reality, and I felt totally loved.*"

Don asked her if she would like to re-visit this mystical experience as a way of getting over her depression, and she immediately agreed. He told her that for best results, it would help if she were to re-capture her mystical experience with the same vibrancy that she had experienced the first time. She readily agreed to this also.

Pulling out all the stops in order to provide an experience of life-changing intensity, which she obviously needed, Don regressed her to her earlier mystical event, and told her that we were going to make it even stronger using hyperempiria, or suggestion-enhanced experience. Don suggested that they were reaching down into her vast, untapped potential for feeling

happiness and joy. This potential for happiness and joy was flowing out from the innermost depths of her being in many different ways and on many different levels, like water from a hundred secret springs.

As these feelings continued to flow without limit, they were healing and cleansing every muscle and fiber and nerve of her body, driving out all of the worry, and all of the stress, and all of the care that she had ever felt, and leaving her glowing from head to toe with such an intensity of happiness that she could not bear it if she were not hypnotized.

She remained outwardly impassive as Don continued in this vein, emphasizing that this happiness was greater and more intense than anything she had ever hoped for, dreamed of, longed for, or imagined. To further emphasize its strength, he suggested that when she returned from hypnosis, she would not be able to bring all of this intensity back with her, because it would be more than she could bear in the everyday state of consciousness in which we live and move and have our being. But nevertheless, it would transform her life, and turn each new day into a thing of wondrous beauty.

Her depression lifted within two more sessions. Because she was a Buddhist, it was easy to frame her mystical experience as evidence that true happiness comes from within. She no longer remains in bed all day, and frequently goes out to go shopping, play cards or to visit with friends. Her demeanor is pleasant, relaxed, and cheerful. She is continuing to come in for monthly sessions in order to keep her orientation focused on the positive aspects of life, and as a means of continuing her personal and spiritual development.

The client's youngest daughter, who has had a great many personal difficulties of her own, has recently moved in with her. Even though she frequently serves as a lightning rod for her daughter's wrath, the client has remained impassive, and has managed to maintain a generally congenial relationship with her daughter (when the daughter is on speaking terms!)

Experientialism is the philosophical theory that experience is the source of knowledge. It is indeed an honor to work with the experientially gifted; for they truly are “the bearers of the light,” which all of us may hope to one day follow.

My First Apparition

Jan was devastated after she lost her father to a sudden heart attack. She was an English teacher in her early forties, who had never married, and had lived all her life at home with her parents. One sister moved away and married several years before. She described her father as witty and charming, and their relationship, though very close, had never exceeded the normal bounds of propriety. Two weeks had gone by since her father's death when she scheduled her first appointment.

Jan showed all the classic signs of bereavement: she was eating and sleeping poorly, had lost interest in leisure activities, and was prone to sudden bursts of crying. Like many people, she refused to take medication for her anxiety and depression, because she was afraid of potential side effects. Her relationship with her mother was cordial. Her mother seemed to be adapting fairly well to the loss, and seemed to think that Jan was taking her father's death unusually hard. She was, however, open to the idea of hypnosis because no chemicals were involved.

Since she seemed to have lost the ability to make contact with pleasant emotions in life, and since she would not take any chemical antidepressants, it was important that she be placed in contact with these emotions in order to experience their beneficial effects on the chemical balances in her brain and nervous system. Don used a series of scripts which would take her to the Multiverse: an induction and deepening, riding through a rainbow, absorption in an ocean of peace, love, and tranquility, and a riding back through the rainbow in reverse order.

Jan seemed visibly more relaxed at the end of the session, and they scheduled a total of five appointments, after which she transitioned to a bereavement support group which Don had recommended, and which was due to start in five weeks' time.

After their sessions, Jan frequently mentioned sights and sounds in the house that both she and her mother had heard, which suggested the possibility that her father was trying to get in touch with her to let her know that he was all right. It was obvious that she was hoping that these experiences would re-occur. Her mother was skeptical, but one of her friends was quite sympathetic to the possibility.

Don can honestly say that he does not know whether or not such communication is possible, though much of the world believes in it. But the

ultimate purpose of therapy is the welfare of the client; and in their conversation before and after the sessions, he was careful to plant the expectation that such experiences are possible and they might happen to her.

Don would tell Jan anecdotes which are common in many families, which might encourage her in these beliefs, in the hope that she would realize that her father was continuing to watch over her and that he wanted her to know that she was all right. He also told her about the current research in theoretical physics which appeared to demonstrate the existence of alternate and parallel universes, many of which would not operate with the same physical laws and the same dimensions of reality as our own; and that this could possibly explain many so-called "supernatural" experiences, which might not be supernatural at all, but rather "exonatural" ones, because they operate according to a different set of natural laws than the ones which operate in this universe. Don also told her that he had once belonged to the Parapsychological Association, and described the circumstances of a "haunted house" that he once investigated while teaching at Allentown College.

Last week, Jan happily announced, "*I had my first apparition!*" It was a small blob of light which she saw in the semi-darkness of her bedroom early the previous night. She turned away briefly, and it was gone. "*Thank you, Daddy!*" she said.

"*Well, that sounds like your father is indeed trying to contact you to tell you not to worry, and that he is all right,*" Don said, and she smiled broadly.

As hypnotists, we know that we must tailor our suggestions to the personality and unique characteristics of each client we encounter; and what the client is told before and after a hypnosis session can be equally as important as what transpires in the session itself. It has also long been recognized that whatever can occur within a hypnotic experience (including hallucinations), can also occur outside of it.

As Don mentions elsewhere, *post-modern constructionism* is the point of view that since we can never really know what "truth" is, we should help clients to put together **any** type of conceptual framework which helps them to find the meaning of their existence, regardless of the personal reality that we construct for ourselves about the reality of things which are fundamentally unknowable…

Two in One

Sixty year-old Gerald called Kelley and asked if she provided hypnotic Past Life Regression experiences. After a bit of discussion, in which he explained that he was curious about the whole idea of past lives and that he was also wondering why he was chosen to have a twin in this life, Kelley invited him and his twin sister to come in and find out.

Whether one believes in reincarnation or not, the experience of exploring the idea of past lives is an interesting one. At the very least, it is the chance to discover some powerful metaphors for perhaps explaining conditions in *this* life and at the very best, it can connect a person to some previously untouched incarnation of their innate being.

When Gerald and his sister, Maggie, arrived at Kelley's office, he greeted her with a wide smile and a friendly handshake. Maggie was less effusive and in fact looked downright grumpy. They were both welcomed into a cozy space where Gerald leaned back in a recliner and Maggie perched on the end of a loveseat.

After a bit of discussion, during which Gerald repeated his curiosity about possible past life existence and there was a constant flow of sibling interaction that revealed Maggie's skepticism in the whole thing, Kelley told them she was happy to conduct the session. She warned Maggie not to pay too close attention, though, because she wouldn't want her to be affected by the hypnosis.

Kelley proceeded to use a progressive muscle relaxation induction with Gerald, who responded easily and quickly. A series of "deepening" suggestions lifted his mind out of his body, leaving his physical presence resting and relaxing comfortably in the recliner. Maggie appeared to be listening casually, still sitting upright on the edge of her seat.

A BEST ME template was used to guide Gerald to another realm, a universe in which time and space did not exist, where he could easily access *any* existence, both known and unknown to him. Following a typical process of moving Gerald through a series of doors, having him find one in particular that "drew him in", Kelley suggested that he, when ready, open the door and then step over the threshold…purportedly arriving in a place representing a past life experience.

At this point, Gerald began to smile beatifically; his face glowed with pure joy and happiness. It was clear that something important had just happened – the air around him was filled with a feeling of energy. Even Maggie sat up straighter as she realized her twin was experiencing a dramatic shift. Kelley asked Gerald, "*And what are you noticing?*" Often, in a Past Life Regression, a client is asked to focus on particulars of their body, like the size of their feet or the color of their skin.

Gerald simply smiled and responded, "*It's all love here.*"

The next fifteen minutes or so were spent allowing Gerald to linger and absorb that which he had encountered. There was no need to put it to words or make any other attempt to relay to Kelley or his sister what he was experiencing. It was clear to them both as they witnessed his pure, unadulterated joy, watching tears of happiness stream down his face.

Kelley told him to stay there as long as he wanted, as long as he needed, and to signal when he was ready to return. After what seemed like hours but really was only minutes, Gerald indicated that he was ready and Kelley guided him back to the present reality with suggestions that he would be able to not only take back some of those incredible feelings of love, he would be able to resurrect them in himself whenever and wherever he wished.

Although Gerald had originally wanted to explore the question of why he is a twin, that puzzle became unimportant, completely eclipsed by the hypnotic experience he enjoyed. He literally floated out of the session, followed by his sister who remained enigmatic although she expressed surprise at the degree of emotion her brother had demonstrated.

Six months later, Kelley received a phone call from Gerald, who wanted to tell her that he was doing fine and still taking advantage of what he had gained on that day during their session. He casually mentioned that his twin sister had "mysteriously" lost over sixty pounds of excess weight in the time since they had come to Kelley's office and wondered if her weight loss had been triggered by *her* experience during their visit. Kelley replied that she had no idea, but it wasn't the first time that people other than the hypnotee were affected by hypnosis!

Chapter Ten

Love in the Multiverse

Kelley has pointed out that *everybody* lives in a parallel universe in relation to everyone else, because no two people have the same experiences. Sometimes these differences are glaringly obvious. Don recently skimmed a Facebook thread which contained literally hundreds of entries, debating a liberal versus a conservative view of American politics. At almost any point, somebody could have commented, "*We live in two different worlds. Let's just admit it and get on with our lives,*" but probably no one would have paid any attention and the debate would have continued.

Even identical twins, who have exactly the same heredity and grow up in the same house together, bristle at the question, "*Do you ever fight?*" because anybody who knows them well enough will surely notice that they do. But most of the time, people are relatively unaware of the subtle differences in the parallel realities that we experience in everyday life which keep us apart from one another.

Romantic love as we experience it today bears little resemblance to cultures in which marriages are arranged. Nevertheless, for lovers who already exist in a separate reality all their own, love can easily take on new dimensions through Virtual Reality Hypnosis. They can visit as many parallel universes as they like, in as many separate bodies as they wish, while still retaining their original identity, thereby satisfying their need for variety in a context which is totally free of guilt. They can also create separate realities which are far more beautiful than either one of them has experienced before, thus eliminating the possibility of jealousy and recrimination over previous transgressions.

Not everyone, unfortunately, is able to fully benefit from the ability to experience love in parallel universes, even if they respond well to suggestion. People with certain types of personality disorders, for example, will still need

to learn to grow together or the initial fascination will not last. For others, who love not wisely but too well, or who find themselves incapable of loving feelings, or who have other issues, therapy is also an option. But for many of the rest of us, lovemaking may never be the same again!

Regardless of their age or sexual orientation, many people in a committed relationship struggle with the fact that they are capable of being physically aroused by more than just one partner.

What if you were able to make love in a variety of the most attractive bodies that you could possibly imagine, and in any situation you might care to experience - engagements, wedding nights, honeymoons, anniversaries, conceiving a child together, or any other event which you and your life partner might want either to share anew or to re-experience from your own past and enhance still further?

Imagine if you and your life partner were able to make love together as often as you wish in parallel universes, in other lifetimes and other bodies, completely free of guilt since you both retain your present identities!

Making Love in a Parallel Universe

If but one hero knew it
The world would blush in flame.
The sage, till he hit the secret
Would hang his head for shame.

~ Ralph Waldo Emerson

When you're ninety, you probably won't remember your best day at the office. But most people, if they are fortunate enough, will recall a few special moments spent with a loved one which warm the heart forever. Now, imagine what your lives will be like - and what sorts of memories you will have to look back upon - when you and a loved one are able to create experiences like this almost any time you wish.

Just as a painter works with brush upon canvas and a sculptor works with chisel upon stone, experientially gifted couples are able to make use of

suggestion-enhanced experience to create a total union of body, heart, mind and soul - to enhance the setting for lovemaking, evoke the proper mood, maximize responsiveness and desire, and increase the length, depth, and frequency of climax, blending together all the elements of physical intimacy to create whatever masterpiece of fulfillment the loving couple may wish for.

When the lovers' ability to mutually satisfy each other has been interfered with by age or disability, or when their desires are not equally matched for other reasons, hyperempiric suggestion can provide a full measure of gratification for both partners by restoring the needed balance. And for those whose closeness would appear to be incapable of further improvement, the greatest surprises of all may be in store; for it is those who have the greatest abilities who also possess the greatest potential.

Obviously, hyperempiric suggestion for lovemaking involves more than simply "trancing the night away," with the primary intention of producing climaxes as intensely and as frequently as possible. When the trance director chooses his words, he or she is already imposing something on the partner which might or might not work for the intended purpose. If the experience is going to be one which the partner will want to repeat, directors need to make sure that they do not impose their own wishes upon the partner through deliberate or inadvertent cueing which cuts short the playful, creative spontaneity of the situation, perhaps in order to bolster their own self-esteem.

For example, if a man should say to his female trance partner, "*I'm going to make you the happiest woman in the world tonight,*" and continue with suggestions to match this theme, the quality and intensity of the lovemaking which results may be accompanied by tears of joy. But unless the director is able to match words of such intensity with an equal emotional commitment on his part, the inevitable result will be disappointment and letdown.

The larger context must also be taken into account if your hyperempiric suggestions are to retain their effectiveness. If you and your loved one have come to share experiences of rapture, ecstasy, wonder, and delight whenever you wish to do so, only to return to a life of quiet (or not-so-quiet) desperation, comprised of little more than bills to pay, appointments to keep, and an endless list of things which simply have to be done, the effectiveness of your suggestions will eventually begin to wane, regardless of how memorable the results might have been initially. If, on the other hand, you

return to an environment in which you have learned to share deeply in each other's thoughts and emotions in the kind of committed, unselfish closeness which facilitates a lifelong commitment, and the first priority is the quality of the time which you spend with each other, then the joys which you have shared together in experiential trance can become a permanent way of life. When these ingredients are present, hyperempiric sexuality can take on near sacramental qualities as the lovers consecrate themselves to one another anew.

Because some people are likely to emphasize one dimension of the BEST ME Technique (emotions, for example, or sensations and perceptions) as their preferred mode of experience, some of the scripts presented here are designed to emphasize one type of experience over another, to suit each individual's tastes and preferences. As a further encouragement to creative playfulness, the suggestions themselves are often worded in general terms, so that the partner is able to insert his or her own content. Also, in a style made famous by the late Milton Erickson, some suggestions are worded in such a manner that they can be fulfilled in several different ways which cover all possible alternatives.

Human sexuality, or course, is a complex topic. Before attempting to employ the approaches we offer here yourself, you may want to check with a professional who is approved by the American Association of Sexuality Educators, Counselors, and Therapists, which has many international members and which may be easily located on the Internet.

● Mutual Trance:

The term "rapport" is used to refer to that special sensitivity between suggestor and trance partner which allows each one to be particularly responsive to the cues provided by the other, and to adjust their own behavior accordingly, which makes their suggestions ever more effective.

Lovers also share a special degree of communication between themselves which carries their union to a higher level than would otherwise be possible. The effectiveness of this communication can be dramatically increased by both partners experiencing a trance at the same time, so that each partner's suggestions are immediately manifested in the responses of the other.

If both lovers are sufficiently familiar with induction procedures, this

enhanced rapport may be brought about by allowing the partner to induce a trance in the director as soon as his or her own induction has been completed, in a manner which is analogous to the procedure first described by Tart (1969), simply by suggesting, "*Now you will be able to place me in a trance also, by administering an induction to me just as I have done to you*." (Gibbons, 1979, p. 53). Hyperempiric suggestions such as the following may then be provided.

> **B**elief systems. *Now, for as long as we are in trance together, everything I say to you, and everything you say to me, will come true as soon as we have said it.*
>
> **E**motions. *The love and desire that we are feeling for each other now will grow and grow like a snowball rolling downhill until it becomes infinitely more beautiful than anything we have ever dreamed of, longed for, hoped for or imagined…far beyond the power of words to describe.*
>
> **S**ensations and physical perceptions. *Every touch, and each caress of my hand, is awakening explosions of joy deep within you, which will grow and grow until your whole body is quivering with anticipation, and trembling with desire.*
>
> **T**houghts and images. *I am your one, true, infinite, unbounded, and everlasting love, and you are mine.*
>
> **E**xpectations. *We are going to have a total union of body, heart, mind, and soul, infinitely more fulfilling than we could possibly have with anyone else.*

At the conclusion of the procedure, one party may then terminate the experience for both by speaking the necessary suggestions aloud.

This Enchanted Evening and Other Recipes for Love

Many couples have become accustomed to planning their daily schedules in order to crowd in as many activities as possible. But when they try to include an element of romance as part of a special time which they are sharing together, the mood often seems to elude them.

Through the use of suggestions for time expansion (Cooper & Ericson, 2002)

combined with the power of experiential trance, it is possible not only to plan for a special occasion, but to create a special romantic experience to go with it, regardless of the pressure of competing activities or the actual amount of time at one's disposal.

The following suggestions, which define the trance experience itself as a form of sacred sex, may either be used by themselves as a prelude to lovemaking or in combination with one of the suggestion sets in the remainder of this section.

> **B**elief systems. *We have entered into a new level of reality in which everything seems to happen much more slowly and much more intensely.*
>
> **E**motions. *And because everything that happens is taking place so much slower and is so much more intense, our happiness at being together is multiplied many times over.*
>
> **S**ensations and physical perceptions. *Every touch is a source of endless pleasure which just goes on and on, without ever fading away completely.*
>
> **T**houghts and Images. *And regardless of how long it actually lasts, it will feel like we are making love for the entire night.*
>
> **M**otives. *We are lost in an endless paradise of fulfillment and desire.*
>
> **E**xpectation. *We will always look back on this enchanted evening as the fulfillment of our existence, and look forward to an endless number of enchanted evenings yet to come.*

- Enhancing the Setting for Lovemaking:

One of the most important things to keep in mind in using experiential suggestion is that a partner is responding to the total situation, and not merely to the suggestions which are provided at the moment. But, as long as the partner is willing, the situation itself – the perceptions of who and where you are, and what is going on around you – can also be changed. You can either return to an experience which you found to be especially arousing in the past (with the opportunity to improve upon it still further), or you can experience a completely hypothetical situation which has never happened before.

At the conclusion of an appropriate induction , the following example illustrates how a couple who are in bed together might employ multimodal

suggestions for being alone together in a stateroom on a Mediterranean cruise, before making love.

Belief systems. *Now, you are becoming aware of us cuddled up in bed together in a stateroom late at night, on a Mediterranean cruise.*

Emotions. *After a wonderful evening of dining and dancing, we are in a very romantic mood and ready to make love.*

Sensations and physical perceptions. *The ship's gentle rocking, and the faint vibration of the motors is a special turn-on as we cuddle up together.*

Thoughts and images. *This is one of those special times together which never seem to end.*

Motives. *We are getting more and more turned on with each passing second.*

Expectations. *And when we look back on this special night together, it will be a memory which we will treasure for the rest of our lives.*

- Fulfillment:

The French expression, "more than yesterday, less than tomorrow" *(plus qu' hier, moins que demain)*, speaks of an ever-growing love which is not bounded by time. Such feelings can be evoked, savored, and intensified by hyperempiric suggestions such as the following.

Belief systems. *I am your one, true, infinite, eternal, unbounded and everlasting love, and you are mine.*

Emotions. *All of the love that we have shared before is ours to share together again, in these golden moments of delight.*

Sensations and physical perceptions. *We are totally united in body, heart, mind, and soul.*

Thoughts and images. *This the ultimate meaning and the fulfillment of our existence.*

Motives. *The love that we are sharing now will turn each new day into a thing of wondrous beauty.*

Expectations. *And each time that we are together in this special way*

which only we can share, it will be more beautiful and more intense than the time before.

As always, the exact wording is best determined by the lovers themselves; and the following script should be taken merely as an illustration of the kinds of multimodal suggestions which are possible.

Belief systems. *Let yourself be totally enveloped by the warmth of my love.*

Emotions. *Feel the power of this love driving out all of the worry, all of the doubt, all of the self-distrust, all of the fear, and all of the despair that you have ever felt.*

Sensations and physical perceptions. *Feel the power of this love bathing every muscle, and fiber, and nerve of your body with wave after wave of perfect, boundless, peace and calm and tranquility.*

Thoughts and images. *You are totally loved and cared for, as safe and as secure as a little baby nestled in its mother's arms.*

Motives. *Filled with the beauty and the joy of this total, perfect love, nothing is holding you back from anything you have ever wanted to do.*

Expectations. *And with the light of this love to guide you, there is no end to what you can accomplish, or what you can become.*

- Intensifying Responsiveness and Desire:

If poetry is the language of the heart, experiential suggestion is the language of the heart, body, mind, and soul together. The following stanzas, or variations of them, may be used and repeated at appropriate intervals to heighten responsiveness in experiential trance as lovemaking proceeds.

Belief systems.

Now, we are reaching down

Into the depths of your vast, untapped potential

For feeling happiness, ecstasy, and desire.

Emotions.

Great waves of happiness, ecstasy, and desire

are flowing forth from the innermost depths of your being

Like water from a hundred secret springs.

Sensations and physical perceptions.

Each touch, and every caress,

Is bringing forth wave after wave

of pleasure and desire,

For your exquisitely tuned body

To savor and experience to the fullest

Thoughts and images.

You are being transported

To greater heights of ecstasy

Than you have ever dreamed of, hoped for, longed for, or imagined.

Motives.

And if we lived a thousand lifetimes

We would not be able to experience a fraction

Of the ecstasy, the joy, and the infinite, unbounded love

That are ours to share, together, now,

In these golden moments of delight.

Expectations.

Infinite, beyond infinity.

And eternal, beyond all measure of eternity.

- Voyage to the Center of the Universe:

Because of our expectations of how a person in trance is "supposed" to behave, many people in sexual trance may appear to be outwardly calm, even though they are swooning from happiness within. People who approach life primarily from an emotional point of view are able to derive a unique measure of sexual satisfaction from suggestions which are aimed specifically

at this dimension of fulfillment, as illustrated by the following example, worded for suggestions which may be given to a female trance partner.

> *Now I am going to make you the happiest woman in the world.*
>
> *We are reaching down into the vast, untapped depths of your potential for feeling happiness and joy. And this joy is flowing out of your awareness, filling and flooding every muscle and every fiber of your entire body with wave after wave of indescribable happiness and joy. And soon it will become so strong and so intense that you will be feeling all of the joy and all of the ecstasy and all of the love that your body can possibly hold, and then your hand will begin to rise to signal to me that you are there.*
>
> *So just let yourself go completely now, as the joy and the ecstasy and the love and the desire continue to increase like a snowball rolling downhill.*
>
> After a moment, you can prompt if necessary, *"Any second now, your hand will begin to rise,"* repeating as needed with slight variations until the partner's hand has risen slightly.
>
> *Now you are feeling all of the happiness, and all of the joy, and all of the ecstasy, and all of the desire you could ever imagine. But there is no limit to the fulfillment which you are able to experience in trance. And the more you feel, the more you are able to feel. And the more you feel, the more you want to feel, and the more beautiful the experience becomes.*
>
> *And as we make love, I don't know whether you are going to laugh or cry or tremble, or whether you will not consciously be feeling anything at all. But you will always treasure the memory of this experience as one of the most fulfilling moments of your entire life.*

- Changing Erogenous Zones:

The orgasmic response may be anchored to another erogenous zone by means of suggestion. The sensitivity of this erogenous zone may then be increased until one or more climaxes are triggered by a pre-arranged signal. This procedure can greatly increase the range and variety of sexual pleasure for both partners, as illustrated by the following example, which may be used by a male with a consenting partner who is not averse to oral sex. At the

conclusion of an appropriate induction procedure, suggestions similar to the following may be given.

> *For the rest of the time that this trance lasts, all of the sexual responsiveness which you normally feel anywhere else in your body, you are going to feel only in your mouth.*
>
> *Each time that we kiss, you are going to be filled with the most incredible desire.*
>
> *With all of your sexual responsiveness concentrated in one place, your lips and your tongue will become exquisitely sensitive to the slightest touch.*
>
> *You are going to be surprised, thrilled, and delighted by all the new sexual sensations you will have.*
>
> *With each kiss, your pleasure and your desire will increase beyond anything you ever believed it was possible for you to feel.*
>
> *Soon your desire will become so intense that you will have to take my penis into your mouth in order to continue. And the longer you wait, the stronger your desire is going to become.*
>
> *And my climax is going to give you the most beautiful and intense orgasm you have ever had.*
>
> *You are always going to remember the discovery of this fulfillment as an experience you will want to repeat again and again.*
>
> *The sensation of your lips and tongue around me will drive you wild with sexual pleasure and delight*

- Increasing the Length, Depth and Frequency of Climax:

If anyone is inclined to doubt the ability of the experientially gifted to climax in response to trance suggestion, the evidence is available on the Internet for all who care to observe it.

Depending on the ability and responsiveness of the partner, suggestions to begin building towards climax can be anchored to a specific stimulus, such as, "*Whenever I touch your wrist as we are making love, you will start to build up to a climax that will be more beautiful and more intense than anything you have experienced before.*"

As this suggestion begins to take effect, the trance director may add additional suggestions, such as, "*And now you will come at the count of three*," and provide the necessary counting and suggestions timed to match the partner's responses.

Then, again, depending on the responsiveness and ability of the partner, additional suggestions can be given such as, "*And now you're going to climax again, even more beautifully and more intensely*," with additional follow-up suggestions as appropriate, so long as the effect is to maximize the partner's fulfillment rather than to demonstrate the prowess of the suggestor.

At the conclusion of an appropriate experiential trance induction, suggestions such as the following may be given at appropriate intervals during foreplay and as the lovemaking continues.

> **B**elief systems. *Now, the veil of time is parting, and all of the love and all of the desire that we have ever felt together, we are able to experience again, in these golden moments of delight.*
>
> **E**motions. *You are becoming totally and completely free, without a shred of doubt or insecurity to keep you from the peak of your fulfillment. There is no end to the depth of the passion, the love, and the desire that you are able to feel in experiential trance. And the more you feel, the more you are able to feel. And the more you feel, the more you want to feel, and the more beautiful the experience becomes.*
>
> **S**ensations and physical perceptions. *The pleasure is building, and building. And when I get to the count of three, your entire body will feel like one single erogenous zone. Anywhere in your entire body that you are touched will feel just as if you were being stroked in that wonderful spot. One. ...Two...Three.*

When the partner is especially responsive, the Director may say:

> *The sound of your pleasure is giving you pleasure, and my pleasure is giving you pleasure. And the more pleasure you give to me, the more it is turning you on.*
>
> **T**houghts and images. *You are now free to open up your desires all the way, trusting my voice to take you to the ultimate pleasure. Motives. Just let yourself go completely now, and with each passing second, our love and our desire for one another is going to grow and grow, until our*

bodies can hold no more...Feel the pleasure, building and building... .So much wonderful arousal...So much wonderful pleasure ...And as you feel the sound of your pleasure, your pleasure increases, and it's wonderful...The most beautiful feelings of your life. And each time I count from one to five, you are going to be ten times more passionate than you are right now. (This suggestion can be repeated at appropriate times, as the lovemaking proceeds.)

As the partner is approaching climax:

*And you will come on my command. (*At the appropriately timed moment) *Orgasm now! And it's endless. And it's wonderful. And another...and another…Now relax. And not only do you feel raw sexual pleasure, but you feel happier than you've ever been, and more loved than you've ever felt.*

Expectations. *We will treasure the memory of this time together all the rest of our lives. And each time that we make love in hyperempiria, we will discover new depths of beauty to our lovemaking and it will be even more wonderful than before. Whenever we make love in the future, you will feel complete confidence in yourself – in your attractiveness, your arousal, your entire sexual being.*

And whenever you have one orgasm, you're just as likely to have multiple orgasms, as you feel all of the joy and love that we are feeling together now, because this is a part of who we are as a couple.

- Improving Upon the Past – Or the Present:

Researchers in the area of memory are well aware of the fact that our ability to recall an experience over time is far from accurate. Using hyperempiric suggestion, an experientially gifted couple is able to re-experience tender, loving moments from an earlier stage of their current relationship – their first sexual experience together, their wedding night, conceiving a child, or merely a particularly memorable romantic time alone with one another. Then these special moments which they have chosen can be almost endlessly improved upon.

Alternatively, the partners can agree upon a purely imaginary situation which

they would like to experience, or one which they are looking forward to in the future.

If an event in the past is selected, it is essential that the trance partner be allowed to choose the situation to re-experience – or, at the very least, that it be a situation which the couple has unreservedly agreed upon. Phillips (2007, p. 35) points out,

Some folks may assume their wives had a wonderful wedding day but some women don't. There are also a certain number of women who marry as part and parcel to their view that they are 'settling' for this guy rather than marrying for love or other good feelings or reasons. In such a case, it might come as a shocker for the husband to discover that his wife doesn't want to re-experience the wedding (whether or not she has now learned to love him despite her poor reasons for marriage).

If you're not absolutely certain that your wife had an incredibly wonderful experience when she married you (regardless of context or reasons for those feelings which may range from she just doesn't like you to her mother objected to the color of the dresses). So . . . ask. If your wife is less than enthusiastic, then let her choose another event to relive or imagine or experience (real or imagined events are fine). DON'T PUSH IT as that's a whole bad idea and a half. Sometimes feelings are private, so let them stay that way. If she wants to tell you why she likes this or that experience, she will.

Similar types of mixed feelings, regardless of whether or not a lover is willing to consciously acknowledge them now, may exist in many other situations which, on the surface, would appear to have been blissfully fulfilling for both partners. Therefore, it is probably best to leave it up to the partner to set the scene and determine its dimensions, and then intensify the experience in general terms, leaving the partner to fill in the details.

Using a past event as an illustration, hyperempiric suggestions such as the following may be provided.

> **B**elief systems. *Now we are about to experience once again a very special time when we made love before. You may have that special time already in mind, or your memory may surprise you with one that you were not thinking of, or if you prefer, it could just be one*

that you would like for us to share.

Emotions. *Let yourself feel the beauty of this tender, passionate and loving moment in all its intensity.*

Sensations and physical perceptions. *You can feel, hear, smell, taste, and see everything from this special time just if it is happening right now.*

Thoughts and images. *But now, it is even better than anything that happened before, and more beautiful than anything you could possibly imagine.*

Motives. *Each time I say the word "doubling," it is going to double in intensity, with twice the passion and twice the love and twice the desire that you are feeling now.*

*(*The suggestor can then supply the trigger word at appropriate intervals as the lovemaking proceeds. Then, at the appropriate time, the suggestor may add), *"When I say the word "now," you will explode with passion and desire, more beautifully and more intensely than you ever have before.*

Expectations. *The beauty, the love and the romance that you are feeling now will stay with you long after the passion has been spent, as we look forward to repeating and improving upon these experiences together again, and again, and again.*

- Who Else Are We?:

Far or forgot to me is near.
Shadow and substance are the same.
~ Emerson

As a scientist-practitioner who has been rigorously trained in the methods of experimental psychology, I, Don, frankly do not know whether or not reincarnation exists, though half the world believes in it. One might well wonder, for example, why so many people believe that they are were some kind of royalty in a previous existence. If one considers the probabilities, they were probably just a "peasant loser," like everybody else. One the other hand, if you consider how many times a person might be supposed to have lived before, with all those lifetimes behind you, of course you are likely to

"remember" the one that stands out.

However, with the increase in the world's population, half the people who ever lived are living now. A person might well be inclined to ask where all those extra souls came from. However, Newton (2004) has contended that people don't have to be reincarnated right away. They might spend an interval between lives while they are waiting their turn to come back.

If one should care to speculate even further, who is to say that a person might not be reincarnated into a parallel universe? We build computers to work on parallel parts of a complex problem at the same time. And what could be more complex than the evolution of a soul on the path to Enlightenment?

Why then, one might ask, are there always several ordinary people walking around at the same time who believe after being hypnotized to recall a past life that they are the reincarnation of Cleopatra and Julius Caesar? Here, we are on firmer ground. The possibility of accessing this information by means of *hypnosis* is clouded at best. Lynn and Kirsch (2006, p. 204) after reviewing the experimental evidence, flatly state, "*In summary, hypnotically induced past-life experiences are fantasies constructed from available clinical narratives about past lives and known or surmised facts regarding historical periods, as well as cues present in the hypnotic situation* (Spanos, 1996)."

Whether you regard the ability to recall memories from alternate lifetimes as a genuine phenomenon or as due to the power of suggestion, an experientially gifted and loving couple is able to share events of this type just as vividly as if they were actually occurring at that very moment. And this includes the experience of making love.

Of course, this has to be done with some care. Phillips provides us with this vivid example (2007, p. 38):

> *…a fellow asked his wife to imagine making love with Brad Pitt and then he became rather jealous when she climaxed with Pitt in her imagination, which caused him to feel that she had been cheating on him. It was his suggestion in the first place - but even if it hadn't been, treat these experiences as playful imaginary games and don't take them beyond the comfort level of both partners…this sort of thing should ONLY be used to strengthen your relationship, not to create experiences that might weaken or destroy trust.*

Regardless of whether or not they believe such experiences to be literally real or merely a series of imaginary games, this is not an issue when a couple is making love to one another in other lifetimes. As long as they retain their original identities, they will be able to delight in one another as sexual adventurers across past, present, and future lifetimes, just as if these events were actually taking place right then.

Reincarnation:

After an induction in a setting which is appropriate to lovemaking, experiential suggestions such as the following may be provided, with appropriate elaboration, repetition, and timing as the lovemaking proceeds. The exact words, of course, depend upon the lovers themselves, since each partner's preferences and responses will enable the other to cue the experience in a manner which maximizes the fulfillment for both. And, just as with other forms of recall, there is ample room for embellishment!

Notice that some of the suggestions take the form of erotic poetry as the lovemaking proceeds.

> **B**elief systems. *The psychic bond of trust between us is perfect; for we are soul mates, not only in this life, but in many other lifetimes as well. And through the strength of this bond, we are able to experience once again the joys of the lives which we have shared before.*
>
> *You are aware of us at a time when we made love as soul mates together in different bodies in another life.*
>
> *(*If the trance director is male, and the partner is female:*)* *You are the most beautiful and passionate woman you could possibly imagine, and I am the most handsome and desirable man that you have ever met.*
>
> **E**motions. *We are filled with anticipation and desire as our passion increases until our bodies can hold no more.*
>
> **S**ensations and physical perceptions. *With each passing moment, we continue to recall and discover more and more things about each other's bodies that turn us on.*
>
> **T**houghts and images. *We are becoming so united in body, mind, and soul that we no longer know where one of us ends and the other begins.*
>
> **M**otives.

Our gentle kisses of reunion
join our spirits once again,
with all the pent-up longing
of many lifetimes spent apart.
Expectations.

Body and spirit, together again,
life and existence intertwined,
our love will continue to grow
unto the end of eternity,
beyond the end of time.

Co-Incarnation:

Many people fantasize about another partner while they are making love, alternating their attention between their present lover and the fantasized one in order to increase their pleasure and arousal. The experientially gifted, however, are able to divide their consciousness while in trance, so that they are able experience making love simultaneously, in two different settings at the same time – a "mental threesome."

Enabling your partner to feel as if you are making love together in different bodies and in a different life at the same time that you are making love together in your current life will obviously increase the pleasure and enjoyment of the experience. At the same time, suggestions of this type make it easier to satisfy the need for variety in a setting which is totally free of guilt, while strengthening your present relationship rather than weakening it.

For example, suggestions similar to the following may be provided to an imaginatively gifted female trance partner who enjoys both oral and vaginal sex. Note the inclusion of timed suggestions for intensifying the experience still further and, depending upon the partner's repertoire of responses, for either a single or multiple orgasms on command.

Belief systems. *Now we are going to make love in this life and in a parallel life at the same time. As long as you are feeling me inside your vagina, you will also be making love to me in a different body in a parallel universe, with my tongue on your clitoris, giving you the best oral sex you have ever had.*

Emotions. *The tenderness and the love between us will be much more beautiful and more intense than you could feel by making love to just one of me.*

Sensations and physical perceptions. *Every wonderful sensation of vaginal sex and oral sex will combine together into a new way for us to make love together which is more wonderful and more enjoyable than anything you have imagined before…*

Thoughts and images. *When you are able to think of anything at all, you will be completely overwhelmed by the beauty and the intensity of what is happening.*

Motives. *And each time I say "Ten times hotter!" you are going to feel exactly ten times the pleasure and ten times the desire that you are already feeling.* (This suggestion can then be repeated at appropriate intervals throughout the rest of the time the couple is making love.)

Expectations. *But you won't be able to climax until I say, "Orgasm now!" to let it build to just the right point of release.* (If the partner is multi-orgasmic, a similar suggestion can be added to trigger additional climaxes: "*And another!*" until complete satisfaction has been achieved.)

Pre-Incarnation:

The future is likely to offer more opportunities than the past or the present for exploring the possibilities of interaction in different environments, different cultures, and different bodies. The following experiential suggestions constitute only one example an infinite Universe of possibilities.

Belief systems. *Now we are becoming aware of ourselves together again in another life, several hundred years in the future. We have recently met and fallen in love. We have embarked together on a space cruise, which is traveling between several planetary ports of call.*

Emotions. *Our bodies are quivering with anticipation, excitement, and desire.*

Sensations and physical perceptions. *Our stateroom is faintly illuminated by the light of millions of distant stars, which can be seen through the large porthole above our bed.*

Thoughts and images. *We already know that our love is going to last a lifetime, and our minds are filled with thoughts and images of the future we are going to share.*

Motives. *Our love is a perfect blend of destiny and desire.*

Expectations. *And we are about to find fulfillment in each other which is beyond our wildest expectations.*

Inter-carnation:

When experiential trance is defined as a separate and higher level of reality, the trance then becomes a catalyst for the full and uninhibited expression of each lover's sexuality, without any lingering traces of self-consciousness, jealousy, or fear of negative comparisons with previous partners. Freed from the usual constraints of time and space, experiential trance can take on near sacramental qualities as the lovers consecrate themselves to one another anew.

After an appropriate induction, committed lovers may utilize suggestions such as the following to create a sense of mystical union which sanctifies and ennobles their present union while creating a barrier to protect it against competing influences or negative comparisons with others.

Belief systems. *Now I am guiding you to your home beyond the stars, where only I can lead you. We are becoming a part of infinite reality, where time and space do not exist, in a dimension which is all our own, where no one else can follow.*

Emotions. *You can let yourself go completely, to the total love which engulfs you, greater than any human being has ever known before.*

Sensations and physical perceptions. *The love and the joy of the entire universe is echoing endlessly throughout your body each time we touch.*

Thoughts and images. *We are part of the infinite love that exists at the core of the universe itself.*

Motives. *The more love that you feel, the more love you are able to feel. And the more love that you are able to feel, the more love you want to feel, and the more beautiful the experience becomes, for your capacity to experience love in this special dimension beyond the stars is truly without limit.*

Expectations. *And the climaxes which we share in this special dimension beyond the stars are the ultimate fulfillment of our existence.*

Multiversal Love

In this version, Don uses the Multiverse to further bond a loving couple:

Now, as we prepare for our journey into the Multiverse, the Universe of all possible Universes, we are reaching down into the vast, untapped potentials which lie within you. We are releasing wonderful feelings of happiness...joy...and ecstasy... and wonder and delight. All these wonderful feelings are now flowing out from your innermost depths...filling...and flooding...every muscle and every fiber, and every nerve of your being, with wave after wave of beautiful, indescribable joy, happiness, ecstasy, wonder, and delight; for the stronger we can make them, the more effective they will be...in transforming your life into a thing of wondrous beauty.

And so, these feelings come flowing out...and flowing out... There's no end to how good you can feel, and no end to how strong we can make them... As their intensity and their beauty continue to increase, you are flowing first into an alternate universe, where there is no time. There is no space. There is only an endless ocean of infinite, unbounded, and everlasting love, at the center of this universe, which is at the center of all other universes, and at the center of all existence.

As you travel on to the center of this alternate universe, these feelings are becoming infinite in their strength...and infinite in their power...You are floating...and dissolving...into a wave of unbounded ecstasy, beyond the limitations of time...and beyond the limitations of space…And the more you want to feel, and the more you want to feel, and the more you feel, the more you are able to feel, and the more wonderful, and the more beautiful, and the more rapturous the experience becomes.

You have one true, infinite, eternal, unbounded, and everlasting love that you have been searching for all your life. You have been together in many different bodies for thousands of lifetimes in the past. You are living together now, in many different bodies in thousands of parallel lifetimes in the present, and you will live together in many different bodies for thousands of lifetimes in the future.

But here, in the center of this alternate universe where time and space as we know them do not exist, your emotions have become so keen and so sensitive that you are able to unite simultaneously with this true love, in heart and body, mind, and spirit, in every lifetime you have ever lived together in the past, in every lifetime you are living together now, and in every lifetime you will live together in the future.

Feel this love flowing into you, from thousands of other lifetimes, and from thousands of different points in time. Feel it filling and flooding every muscle, and every nerve, and every cell of your being, concentrating itself in the most sensitive parts of your body, with love so great that it is beyond the power of words to describe…infinite, beyond infinity, and eternal, beyond all measure of eternity.

Let yourself completely dissolve into this love, in total surrender, total bliss, total fulfillment, and total ecstasy, greater than anything you have ever dreamed of, longed for, hoped for, or imagined. And if you were not in hyperempiria you would not be able to bear even a fraction of the beauty and the intensity of the love that you are experiencing now.

This is the complete and total fulfillment of your existence, infinitely greater, more beautiful, and more intense than anything you have ever dreamed of, hoped for, longed for, or imagined, and far beyond the power of words to describe.

It's as if all of the happiness, and all of the joy, and all of the wonder, and all of the ecstasy that have ever been felt by all the people who ever walked the face of the Earth...put together, are yours...to savor and experience to the fullest... now...together in these golden moments of delight .

You will never again be separated by age or death from your one, true, infinite, unbounded and everlasting love. And each time that you enter hyperempiria, this experience of uniting once again with your one, true, infinite, unbounded, and everlasting love, in many different ways and on many different levels, will become more vivid and more intense, as your psychic ability continues to increase.

Soak it up, and make it part of you...True happiness comes from within. And it's only the separation from this infinite ocean of boundless rapture, wonder, ecstasy, and delight, which is your home beyond the

stars...it's only the separation from this ocean of bliss where you and your true love will spend Eternity...that is the source of all unhappiness, all depression, all anxiety, all loneliness, and all despair.

And now that the separation has been removed, it is the fulfillment of your existence - greater than anything you ever dreamed of...longed for, hoped for, or imagined, and far beyond the power of words to describe…Infinite, beyond infinity, and eternal beyond all measure of eternity... yours ...to savor...now...and yours to experience to the fullest...in these golden moments of delight.

Regardless of anything else that may be going on in your life, you will never again feel alone or abandoned.

Each time this exercise is repeated and we return here, to this, your home beyond the stars, you will be able to share this total fulfillment with your one, true, infinite, eternal, and everlasting love from the thousands of lifetimes you have lived in the past, the thousands of lifetimes you share together in the present, and the thousands of lifetimes you will share together in the future. And as you strengthen and intensify these experiences even further in this, your home beyond the stars, it will change your entire life into a thing of wondrous beauty.

The Unfolding Rosebud

In the following example, hyperempiria serves as the doorway to an alternate universe, in which the principles of perception and physiology operate quite differently than they do in the universe we have become accustomed to in everyday life.

Hyperempiria refers not merely to an alert induction *procedure*, but to *all* forms of suggestion-enhanced experience. For example, Don recently received a very flattering email from a man in Australia who had successfully used the following hyperempiric induction with his wife. (It can either be used alone or after a traditional hypnotic induction, depending upon the ability and preferences of the trance partner.)

First of all, just sit back or lie down, and make yourself comfortable. And when you are ready, close your eyes.

Now, with your eyes closed, imagine that it is late on a warm summer night and that you are peacefully and comfortably resting inside a rosebud which is swaying gently in the soft breeze.

If you accept each detail of the scene as I describe it, without trying to think critically, your imagination will be free to allow you to experience the situation just as if you were really there.

So just let yourself relax completely now, inside this soft red rosebud, late on a warm summer night. You feel so comfortable resting there, snug and secure and nestled down among the petals of the flower.

You can feel the soft summer breeze gently caressing the outside of the bud. Just keep listening to the breeze, and continue to focus on the beauty and the peacefulness which is all around you. And as you continue to allow yourself to be guided by my voice, I am going to show you how to release your awareness for the fullest flowering of your sexuality.

There is a rustle of wind through the leaves; and as the soft, red petals around you gently begin to stir, you can feel the breeze beginning to filter through to you as the bud prepares to open.

Let yourself breathe slowly and deeply now, as you inhale the warm night air and your consciousness commences to expand and unfold along with the flower.

The late night air is so pure, so fresh, and so crystal clear. Feel it entering your lungs, and feel the warmth of it entering your body as your awareness continues to expand. In....out...in... out.

As the bud begins to open, you look up and see that the sky is strewn with hundreds of blinking, bluish-white stars. As the bud expands more and more, your awareness is unfolding along with it. You continue breathing slowly, in and out, in and out, carrying this expanding awareness to every part of your body.

The rose petals are releasing a delicate perfume as the bud opens wider. Breathe in this joyous scent and follow its passage from your nostrils into your lungs.

Let yourself become ever more aware of the rhythm of your breathing,

as it carries you on to ever increasing sensations of sexuality.

With every breath you take, your consciousness drifts higher.

With every breath you take, your consciousness is expanding, and your capacity for experience is becoming exquisitely more sensitive.

The rose petals are expanding more rapidly now, and the bud is nearly open. As the bud continues to unfold, your feelings of joy and exaltation continue to expand along with it. You can feel your awareness continuing to grow, and your capacity for experience becoming greater and more intense than anything you have known before.

Now the blossom is fully open. The petals are extended as far as they will go, and your sexuality is in full flower.

And while you remain within hyperempiria, every sensation and everything you experience will be intensely pleasurable, and each of these new experiences will be greater and more profound than you ever thought possible.

Love on the Beach

Kelley worked with a client for whom quite some time romantic love had been elusive. A rather pragmatic and down to earth woman in her 50's, Kim had been divorced for nearly two decades and successfully raised her three children to adulthood. During these years, she had dated off and on but never really found a man that seemed the right fit for her and her life.

Kim's life otherwise was happy; she enjoyed good physical health, had a career that was satisfying and a small but close circle of family and friends. Still, she missed the intimacy of a romantic relationship and having a companion to share life's adventures. Over the years, she had tried online dating and had little success; she felt the missing component, for her, was that moment of seeing someone and "feeling that instant connection".

In discussing Kim's ideal partner and what a great relationship looked like and felt like, she told Kelley, "*I'll know it's him because his smile will shine...it'll be like the sun coming out on a cloudy day, unexpected, but so welcome!*" She went on to describe the deal breakers – those things that

would eliminate a potential boyfriend from her consideration, such as being a smoker or having other addictions, lacking basic manners or hygiene…and other typical negatives that most women hope to avoid.

Kelley explained to Kim the eavesdropping characteristic of her subconscious, specifically pointing out that, in an effort to isolate those negative traits, she might have actually been targeting her attention *toward* them. Kim was instructed in how to form auto suggestions that employed positive language to specify what she wanted, rather than what she was trying to avoid.

After guiding Kim into a light hypnotic state, Kelley utilized her earlier statement of recognizing the man through that brilliant smile of his…taking her to a beach in an alternate universe where he has been waiting all these years for her. Kim smiled with pleasure as she strolled the beach, which was a comfortable representation of her own cloudy Pacific Northwest climate. Kelley's patter went something like this:

> *It is a peaceful morning…a soft mist flows in from the ocean, gentle waves lapping on the shore…You are warm and comfortable and you find yourself getting lost as you wander along the coastline, leaving the parking area behind, along with the few people who have gathered there…*
>
> *All thoughts of regular life drift away…like that piece of flotsam that is floating there…watch as the outgoing tide gently pulls it away…far away…out to sea…the only things you are aware of…are the sounds and the smells of the lovely sea…perhaps sea birds calling to each other…the smell of salty kelp…pale grey driftwood…smooth stones…*
>
> *You're searching for something…you don't know what it is…but you know you will recognize it when you see it…there are so many stones here on the beach…each of them are special, unique…some catch your attention with an attractive color or shape…and the ones near the water glisten, making them even more appealing…but you wait…you wait for the perfect stone for you…*
>
> *Every now and then, you look up from your search, to check your route…because the way isn't always clear…there may be obstacles of rocks, or seaweed or driftwood…and you have to plan ahead…but primarily your attention is there, in front of you…on the sand…looking*

for that perfect stone.

And after a time…you become aware in some way…that something is different…something is attempting to get your attention…so you pause… you look up…and you see…in the far distance…far down the beach… appearing from a bank of fog…a shape…coming closer…moving steadily toward you…and as it nears, you see that it's a person…indeed, it's a man…

"That's interesting..." you think. "No one ever comes down the beach this far." And you look back down, still searching for your perfect stone.

Time passes and part of you is aware that the man is approaching…you will soon pass each other on this strip of beach. You pause again and you look up…when you are greeted by his beautiful, shining smile. And you are not sure, but you think that the heavy cloud layer has just opened up and a gleaming ray of sunshine has just illuminated you in its loving light. Your heart skips a beat and you smile back…and he stops… the two of you are silent, just smiling at each other…

From this point, Kelley allowed Kim to create the remainder of her script… determining for herself how the rest of that story went. Following this hypnosis experience, Kim told Kelley that she felt a deep trust within herself that one day she would meet and recognize her soul mate. She could stop worrying that she would be alone for the rest of her life and start getting ready for him.

Well, we know that all good stories need an ending and Kelley was delighted when, a couple of years later, she got an email from Kim, describing how, one cloudy Sunday morning, as she was on her favorite beach, collecting stones…she met a wonderful man. And, yes, he had a beautiful smile!

Did the Universe respond to Kim's hypnotic fantasy…or did Kim begin to open her heart and her life to receive her dream man? Perhaps it was a little of both because the power of creating the desired script for our lives is awesome. We can use the multiverses to not only explore the potential for love and happiness, we can design even the smallest details to help create movement in the direction that is right for the individual.

ALL Therapy is Hypnosis!

The purpose of therapy is to change our beliefs and perceptions of who and where we are, and what is going on around us, which is also the essential function of hypnosis. Therefore, **all** therapy can ultimately be reduced to hypnosis, which may be regarded as the lowest common denominator or such approaches, even when a formal induction procedure is not employed. And even though the specific approaches may vary from the "softer" ones which require years of academic study and supervision, to the "harder" approaches based on structural linguistics, which depend upon a detailed analysis of word structure in order to tease out the hidden therapeutic meaning that was communicated. Moreover, this definition even includes cases where the use of hypnosis is expressly forbidden, as in the example presented here by Don:

> Several years ago, I saw a nineteen year old, newly-married male client, who had grown up in a strict Baptist household, as had his wife. His previous experience with women was extremely limited. He had not learned to hold himself back when they were about to make love, and he always climaxed too soon. His wife did not attend the therapeutic sessions, due to extreme shyness and an expressed reluctance to discuss such intimate topics with anyone but her husband.
>
> Because of his strict Baptist upbringing, the client rejected the idea of hypnosis. Therefore, my treatment was a combination of education, support and encouragement, positive suggestion, and modifying the suggestions which he had learned to give himself, which cognitive-behavioral psychologists would refer to as teaching him to modify his automatic thoughts and the underlying beliefs which gave rise to them - all of which, of course, may be included within the definition of hypnosis as defined above.
>
> First, the client was reassured that his responses were perfectly normal. I explained that most young males need to learn to restrain their natural tendency to "let go" in response to their first sexual contacts with a female.
>
> In discussing his feelings for his wife, the client agreed that the most erotically arousing stimulus imaginable was to experience her in the throes of orgasm, which she had previously attained fairly quickly through heavy petting. He also reported that his wife was multi-

orgasmic during these times… She had expressed disdain for the use of mechanical vibrators, ribbed condoms, and the like, stating, "*They aren't you!*"

I assured him that he was fortunate in having a multi-orgasmic wife whom he would be able to pleasure repeatedly as he acquired a greater degree of control. Initially, as the couple gained more familiarity with each other's bodies, all of his efforts were to be directed toward attaining this goal of pleasuring her as frequently and as intensely as possible, which took his mind off of his own perceived inadequacies did much to relieve them since his efforts had previously been successful.

He was encouraged to frankly and openly discuss with his wife how they liked to be touched, and to continue to talk during intercourse, exchanging tender words and encouraging the types of stimulation that would be most satisfying at the moment.

The client was instructed to make the foreplay as long and drawn out as possible, with maximum clitoral stimulation for the wife, repeatedly leading her as close to orgasm as possible without actually achieving it unless she immediately desired it. This could be either manual or oral, or both. Without revealing this to his wife, as the couple was about to have intercourse, he was instructed to slow down and to think of a series of *the grossest, most repulsive things he possibly could imagine* as he began to make love, *and the more tempted he feel to let go, the stronger he needed to make these images, until they filled his mind completely!* The images themselves, which as hypnotists we will instantly recognize as auto-suggestive imagery, were to be individually chosen by the client to make sure that they would be as repulsive as he could make them.

I also explained that it was okay to even stop once in a while, if he needed to, explaining, "*It's just too good - I have to stop a minute.*" His wife would surely recognize this a tribute to her femininity and to the intensity of her husband's desire for her.

The client was assured, as the lovemaking continued at a slower pace and his adaptation level gradually built up as he and his wife grew more used to each other's carnal presence, that he would be able to tolerate more and more intense stimulation until his and his wife's respective arousal levels were more evenly matched. He was also reassured that it

might take some time for his control to build up to the necessary level, but he was assured that if he practiced this restraint training, he would eventually be successful.

The client was seen for a total of ten sessions, weekly at first for the first three sessions, and then spread out over the course of a three-month period; at the end of this time he reported that after their arousal levels had become more closely matched, he and his wife had learned to enhance the meaningfulness of their relationship still more through various techniques of foreplay which he had previously found to be too arousing.

Chapter Eleven

Getting Better and Better

Lots of determined people desire improvement in performance areas of their

life and have figured out that hypnosis is one way to find that. Whether they are longing to get a better golf score, raise their academic prowess or tap into their creative powers for enhancing artistic abilities, Virtual Reality Hypnosis offers exciting solutions.

Test Anxiety

"*Just because you're a teacher yourself doesn't make you immune to test anxiety*," Don said. "*In fact, it might make it even worse because everybody expects you to 'ace' any test that you take. It happened to me when I signed up to take a course in computer programming, which I knew absolutely nothing about, at the university where I was teaching.*

On a whim, instead of merely auditing it, I decided to take the course for credit. A few weeks later, when the teacher put the midterm exam paper in front of me, my mind suddenly went blank and I was gripped with sudden terror. Fortunately, it passed. But when students tell me how anxious they feel about test taking, I know exactly what they are talking about!!" Here is another example:

Elaine, the retired biology teacher mentioned previously, had recently completed a one-year training course in medical technology because she wanted to remain productively employed. She accepted employment at a local hospital laboratory in order to be able to work near her home. She had previously been able to improve her confidence and reduce test anxiety in her hematology course by means of multimodal hypnosis. However, as she began her new career as a laboratory technician, she also began to experience subjective feelings of stress at having to compete on the job with younger workers.

In the course of the discussion, she mentioned that she was a lover of horses, that she had found the story of Sea Biscuit to be personally inspiring, and that she had seen the movie several times. Don asked her if she would like to experience what it must have felt like to ride Sea Biscuit to victory, in order to use this experience as a further source of inspiration in her own life, and she readily agreed.

She preferred to experience the second race depicted in the motion picture. After an initial defeat, a new jockey whispers in the horse's ear, "*Okay, boy, are you ready to go?*" and the ensuing bond between horse and rider is

depicted as leading to a string of victories culminating in lasting renown.

After an induction, she was guided through the experience of riding Sea Biscuit to victory in a parallel universe. Don repeated the elements of the BEST ME Technique with appropriate variations as the race progressed. He then suggested that whenever she watched her videotape of the movie, Sea Biscuit, although she would not go back into hypnosis, it would re-charge her motivation anew.

She was taught to use multimodal auto-suggestions in the following manner. "*Whenever you have a carefully-chosen goal which you deeply believe in, you will be able to act, think, and feel as if it is a reality, just as you did today First, find a quiet place where you are not likely to be disturbed, close your eyes, and picture clearly in your mind something about the goal which you most deeply desire.* ***Believe*** *it will happen,* ***expect*** *it to happen,* ***will*** *it to happen****, feel*** *it happening, and* ***savor in your mind the fruits of your success.***"

The multimodal hypnotic session was concluded, and she was given a card to take with her with the foregoing suggestions, which contain all the elements of the BEST ME Technique. She was told to repeat this exercise as often as necessary, using whatever images appealed to her most strongly at the moment. If she ever had trouble "getting into it," she was instructed to go back and reexamine the goal itself, to see if there was something about her formulation of the goal that was troubling her, or which kept her from believing in it wholeheartedly, and to make whatever corrections were necessary before proceeding further.

Six months later, she told Don that she had typed up the suggestions contained in the foregoing paragraph, and that she carries it with her wherever she goes. She stated that it had not only helped her with adjusting to her classmates, but with other aspects of her life as well.

Olympic Gold

Don was recently working with a client who was going through several anxiety-provoking stresses at the same time. She was an excellent amateur gymnast, however, and she would probably have had great success if her family had the means to allow her to compete at the national and international level. She responded extremely well to hypnosis.

To boost her confidence and self-esteem, Don helped her to experience the thrill, the exertion, and the triumph of winning an Olympic competition in a previous life in a parallel universe, and having the gold medal hung around her neck at the end of the ceremony. At the conclusion of the session, she opened her eyes, obviously thrilled to the core, and exclaimed, "*Wow! I just won a gold medal!*"

She knew that she had done this in hypnosis, but it didn't seem to make any difference. They chatted for a while, and Don jokingly mentioned that he should adopt the motto for practice that some dance studios use, posting a sign outside which read, "Walk In, Dance Out." To his surprise, as he watched her leave the office and walk down the hallway to the door at the far end, she was dancing!

She later told Don that she had no more difficulties in facing her current stressors with resolution and courage.

The Therapeutic Alliance

Sometimes clients like to rather dramatically change the imagery suggested by the hypnotist in order to further the therapeutic alliance of attaining the goal that they had both agreed upon. Raymond, a pre-med major, was concerned about his forthcoming final examinations. Since Don and he had worked together before for some unrelated problems, Don was able to use an abbreviated version of the suggestions for transition to an alternate universe. At Raymond's suggestion, they chose the imagery of being gently rocked in a boat for the induction, and proceeded as follows.

> **S**ensations and physical perceptions. *Just imagine that it's a warm summer afternoon, and that you're lying on the deck of a small boat which is safely tethered at the edge of a shallow bay, about a hundred feet from shore.*
>
> **B**elief systems. *If you accept each detail of the scene as I describe it, without trying to think critically, your imagination will allow you to experience the situation just as if you were really there.*
>
> **S**ensations and physical perceptions. *Let your body absorb the peacefulness which is all around you, as the boat rocks you gently back and forth and the sun shines warmly down. Let the warm,*

golden glow of the sunlight spread throughout your entire body, relaxing you completely, from head to toe. Feel the cool breeze upon your skin, and savor the freshness of the fresh, salt air. Listen to the cries of the birds in the distance, and the sound of the water quietly splashing against the side of your boat as it rocks you gently back and forth, and that warm, golden glow of the sunlight relaxes you more and more with each passing moment.

Emotions. *As that warm, relaxed feeling grows and grows, it is driving out all of your worry, all of your tension, and all of your cares, leaving you filled with perfect, infinite, boundless peace, calm, and tranquility.*

Thoughts and images. *It's so calm, and so peaceful there in the bottom of your boat, that all you want to do is keep drifting, and dreaming, and floating on, and on, and on, into a deep, peaceful state of total relaxation.*

As the sun slowly sinks lower and lower on the horizon, you can just let go, and allow your consciousness to sink down into a deep, peaceful hypnotic state. Sinking down, and shutting down… Sinking down, and shutting down … Sinking down, and shutting down, and shutting down completely, as the sun gradually sinks lower and lower on the horizon. As the sun slowly sets, and the sunlight turns to twilight, and the twilight turns to darkness, you can let yourself drift even deeper.

Motives. *And the deeper you go, the deeper you want to go. And the deeper you go, the deeper you're able to go, and the more enjoyable the experience becomes.*

Expectations. *Now, while you remain deeply hypnotized, I am going to guide you to experience a different situation, which will be of great help to you as you prepare for all of the remaining tests in the course.*

You will always be able to hear and to respond to my voice, and I will bring you out of hypnosis in a few minutes. But until I do, every aspect of the situation to which I guide you will be completely real, and you will experience it all just as if you were really there.

Belief systems. *Now, you are becoming aware of yourself in another Universe, warmly dressed, standing at the top of a large, snow-covered mountain which slopes steeply downward toward the valley below.*

Sensations and physical perceptions. *Feel the crisp, cold winter air upon your face, and savor its freshness as you inhale. Notice the dazzling whiteness of the snow in the morning sunlight, and feel its soft crunchiness underfoot as your mind absorbs the silence which is all around you, broken only occasionally by the faint stirring of a distant breeze.*

Down in the valley below, at the very foot of the mountain, you can see the goal you have been trying to reach. Your journey has brought you as far as this mountaintop; but all along the mountainside, standing between you and your objective, are barriers and obstacles of many kinds, which have been blocking you from the attainment of your goal.

Thoughts and images. *Bending down, you pick up a handful of snow and start to examine it. Notice how soft and powdery it feels in your hands. In a way, it is like your resolve has sometimes been -- soft and powdery, when it ought to have been firm and strong.*

See yourself packing the snow together in your hand now, and compressing it into a snowball as you add still more snow, packing it down firmly, as you resolve to make your confidence just as firm and just as hard as the snowball itself. See yourself rolling the snowball along the ground, packing into it every ounce of confidence you possess, until it has grown to the size of a boulder.

Emotions. *And as the snowball grows even larger, you can feel your own courage and resolve becoming as hard and as firm as the snowball you are getting ready to roll down the mountainside, all the way down to the deserted valley below. As you push the boulder over a small ledge and start it on its way, you can feel your confidence growing along with it.*

Expectations. *Believe it will happen, expect it to happen, and feel it happening.*

Motives. *As the boulder begins to roll downwards on its own, you can feel your confidence growing along with it as it grows in size - growing and growing, becoming larger with every foot that it travels, until it has become an avalanche, sweeping away all obstacles in its path, as it thunders all the way to the bottom of the mountain.*

Thoughts and images. *As you stride purposefully down the mountainside, you feel more and more confidence. And as you complete your descent and approach the valley, you find that the snow has disappeared and the winter has turned into spring. The air has suddenly grown much warmer, and the trees are covered with fresh, green leaves. The birds are singing, the flowers are in full bloom, and a small brook is bubbling quietly as it flows beside your path.*

Motives. *Just as the climate around you has turned into springtime, your future has turned into springtime as well. You know that your life is headed for a certain and inevitable success, in ways which you cannot presently even imagine.*

Expectations. *And whenever you have a carefully chosen goal that you can deeply believe in, you will be able to act, think, and feel as if it were a reality.*

Belief systems. *In just a few moments now, you will return to the everyday state of consciousness in which we spend most of our waking lives.*

Emotions. *Your mind will be clear and alert, and you will be excited about the opportunities to put these experiences to use.*

Sensations and physical perceptions. *You know how helpful hypnosis has been to you before, in ways you did not realize at the time.*

Thoughts and images. *And you will also find many new ways to use today's experiences, in addition to the ways you already know.*

Motives. *Now, you are ready to resume your life's journey of achievement, secure in the knowledge that, in whatever form it may take, you are destined for a complete and inevitable success.*

Expectations. *As soon as you are ready now, you will be back in the universe from which you left and you can open your eyes, feeling wonderful.*

Raymond told Don later that he had decided during the hypnotic experience to construct his boulder in a different location than the one which was suggested. Since the snow on a mountaintop is very fine and powdery, he reasoned, he had chosen to imagine himself in the back yard of the house where he had lived as a child, "*where the snow was wetter,*" and consequently better suited to making a snowball. As he rolled the boulder downhill and into his neighbor's yard, its weight exposed a stretch of green lawn beneath it.

Then, in order to experience the springtime scene, he had visualized himself in a nearby park. He believed that the imagery was effective; but he stated that he had wanted Don to repeat the suggestions about feeling, and acting.

Instead of questioning him about it, Don decided to re-frame his choice in a way which would facilitate his sense of empowerment. He complimented him on his selection of new imagery, and told him that the clients who seemed to benefit the most from hypnotic suggestion were those who felt free to spontaneously modify the suggestions they were given in order to better suit their own needs and preferences.

Then, on a file card, Don wrote the following summary: "*Believe* it will happen, *will* it to happen, and *feel it happening.* As you do, you will be able to *act, think, and feel as if it were a reality,*" which incorporated all six multimodal hypnosis categories. Raymond was then briefly re-hypnotized, and it was suggested that the statements on the file card would serve as posthypnotic suggestions whenever he looked at it; and that as soon as he became sufficiently familiar with their content, he would be able to repeat them to himself as autosuggestions whenever he desired to do so.

Raymond reported back that he had gone into the exam rooms with confidence. He had passed all of his finals with a grade of B+ or better, and was elated.

Dancing in the Multiverse

Kelley holds a special passion for working with kids, people who are quite adept at experiencing hypnosis, probably because young folk live mostly in altered states of heightened imagination and daydreaming. Teenagers, in particular, are fascinated with all things pertaining to themselves and the prospect of taking an inner trip to an alternate universe usually finds them curious and excited to engage with hypnosis.

Makayla was one such teen, brought to Kelley one summer by her mother who had heard that hypnosis might help this 16 year old ballet dancer. The girl's problem was that she would, "*without meaning to*", when focusing on technical dance moves, twist her facial expressions into unsightly contortions. This caused her to not only receive criticism from her instructors, it kept her from getting lead roles in performances and was resulting in a lack of confidence in her ability to succeed.

An interesting thing about trying to stop doing something… sometimes, the more one exhorts themselves to *stop* a certain behavior or action, the more difficult that becomes. There is a type of mental resistance that sets in and now, not only does the person have this unwanted thing happening but they also have the frustration of not being able to stop it! In this case, resistance is futile and what is needed is to take an aikido-like approach: go with the flow to be able to direct it.

Kelley decided to guide Makayla to another universe where the girl could experience dancing in a "flow state" – one that would allow her to experience a loss of self-consciousness and a sense of complete mastery of her dancing. This sense of flow is also known, in athletic realms, as "being in the zone" and Makayla admitted that there were times when she had felt like that but it was usually when she was practicing alone, without the critical eye of an instructor or even an audience. She commented that it would be good if she could *feel like* she was alone when she was dancing.

The goal of their work was twofold: 1) to give Makayla the experience of dancing with her desired facial expression, no matter where she was and who was watching and 2) to give her access to that flow state so that it would be as easy as switching a light on to achieve it (which is the metaphor that Kelley used to activate the flow state!)

Earlier in the year, Makayla had volunteered at a hypnosis stage show at a

local fair and both she and her mother laughed as they described how she was a “slumper” – also known as a “flopper” – someone who is very responsive to hypnotic suggestions to become relaxed, loosed, limp, etc. She said that she didn’t remember any of that experience, but enjoyed it very much.

With this positive insight, Kelley proceeded to tell Makayla that since she was one of the rare experientially-gifted people that responded to easily to hypnosis, she was going to find their session not only very enjoyable but that it would result in solving her face-twist (her label) “problem”. At that point, as pre-arranged privately, Mom exited the room and Kelley used a brief arm drop induction with Makayla.

A short time later, Makayla’s physical body slumped in the chair, while her mind danced in an alternate universe, exactly as she wished. Kelley provided suggestions of being totally immersed in the beauty and joy of dance, literally floating across a Sea of Love…while a part of her unconscious mind paid close attention to the technical details without her having to worry about them. A sense of relaxed focus was imparted and anchored for access through a slight pressure by her tongue against the roof of her mouth.

According to Makayla’s wishes, she was guided to a multiverse experience of dancing in the lead role of Clara in the Nutcracker ballet. Suggestions of smooth, yet supported suppleness in mind and body were given, expanding on the idea of executing technical moves while maintaining the desired facial expression. The performance went as she desired and she received a thundering applause amidst a shower of roses, the scent of which filled the stage.

Bringing the teen back from the Multiverse, Kelley emerged her and upon sitting up, she blinked a few times, looking a bit confused. “*Did that really happen?*” she asked.

“*It depends on what you believe reality is…*” Kelley answered. “*The most important thing is to know that your subconscious believes that it happened and will now start to act as if it happened…and will continue to happen. How does that sound?*”

“*Awesome!*” Makayla grinned, eager to get to her dance practice.

It was several months later that Kelley received an email from Makayla’s mother. The proud parent shared a beautiful photograph of her daughter

dancing in the Nutcracker…as Clara. She commented that her daughter's face-twist had never returned and that her dance school instructors were impressed and amazed over her improvements.

Chapter Twelve

Out of Body Experiences

Some people may think at first that those who are able to experience alternate realities just as if they are actually happening are really creating multiple personalities. But in a sense, you are in a parallel universe whenever you become so absorbed in watching a play, a motion picture, or a television drama that you feel like you are part of the action instead of part of the audience.

As we have stated elsewhere, using the BEST ME Technique of multimodal suggestion, we are simply artists working with the ultimate artistic medium, human experience itself.

When the Body is a Prison

Why stay in prison when the door is wide open?

~Rumi

The number of Americans living with chronic health issues is staggering. According to the Center for Disease Control, nearly half of adults suffer from at least one or more costly health problems.

A terrible aspect of some neurological degenerative diseases is that while the body deteriorates and the person loses the strength and ability to walk, speak, see and otherwise care for themselves, the mind stays intact. Many sufferers describe this as like being held captive in their own bodies and it is a particular kind of torment that makes their suffering unbearable.

A rapidly progressive form of Parkinson's, MSA, multiple system atrophy, is one of these diseases. Kelley received an inquiry from Joan, a 63 year old woman who wondered if hypnosis could help reverse the course of her MSA. Not being a licensed medical practitioner, Kelley advised Joan that while she could not and would not claim that hypnosis was a cure for anything, she believed there *was* a good chance that it could reduce Joan's suffering from the disease.

Joan had been diagnosed with MSA ten years prior and was recently forced to sell her home and move into an assisted-care facility where she received meals and bi-weekly physical therapy treatment. Kelley visited her at her private room, observing that Joan exhibited weakness and stiffness in her muscles and was unable to walk or stand but could sit comfortably in a chair. Her vision was declining and her speech was impacted, making it a bit challenging to communicate. She was understandably frustrated, depressed and fearful of what lay ahead for her.

A former ballet teacher to children, Joan was proud of the fact that she had fostered a healthy lifestyle for most of her life; this also made acquiring a terminal disease at a relatively young age rather inexplicable to her. She repeatedly mentioned different possibilities that might explain why she contracted the illness, including exposure to toxins, emotional cause from being adopted as an infant, etc. The human mind abhors ambiguity and a part of Joan was desperate to find a reason behind her affliction.

Part of the challenge in working with people who have serious illness lies in balancing the delicate line between encouraging hope and fostering acceptance. We just don't know why some people have seemingly miraculous recoveries while others, despite the best efforts and intentions by

themselves and whole teams of competent and compassionate helpers, succumb to their disease. There is plenty of research to support the idea that having the right resources available, along with the right mindset (however that might be defined), can help make the difference when it comes to survival.

Joan's mindset, although frustrated, was hopeful of a reversal of her condition. This was not in alignment with current medical opinion, which posits that there is no cure for RSA and the best case scenario includes helping a patient be as comfortable as possible while their body eventually continues downhill. Joan wished for more than this and Kelley had to be sure that she was towing the ethical line when explaining how hypnosis might help.

After eliciting from Joan a short term goal, which was framed as, "*I want to shop around town again*," Kelley talked about the mind-body connection and specifically, how our body is constantly responding to whatever we are thinking about or experiencing. Even in her compromised state, Joan was able to easily experience the idea of holding and then tasting a slice of lemon and she grimaced at the thought of the sourness, along with noticing how her body had automatically and without conscious intent created excess saliva in her mouth.

Kelley pointed out that, although there was no actual lemon slice present in the room with them, Joan's creative thought processes had conjured one up and her physical body had immediately responded. This is because the body doesn't know the difference between real and imagined; this idea resonated with Joan and created expectation that these types of phenomena could be utilized within the hypnosis session.

After eliciting from Joan some fodder regarding her favorite places, hobbies, and other preferences, Kelley proceeded into a hypnotic ritual. The ritual of induction is often just that – by the time a client is "ready" to be hypnotized, they already have been induced into an organic state of receptivity by nature of a focused, compassionate exchange with the hypnotist, along with some "suspended disbelief" demonstrations such as the above "lemon convincer".

Progressive Muscle Relaxation is a well-used approach for furthering a client into hypnotic states. Although this process doesn't hold much of the exciting pizazz of instant or rapid inductions, it has survived as a popular induction

method due to several reasons, including:

- Clients expect to have a relaxing experience
- Relaxation is pleasure – it *feels* good to let the body relax
- It can be used as a teaching tool; people who feel better heal better
- It allows clients enough time to get used to feeling better

Additionally, since many people living in modern society have become stuck in over-activated, chronic stress states, teaching them how to move their nervous system into a relaxation response is a quick and simple remedy that promotes healing and wellness. Herbert Benson, MD, coined the phrase, "The Relaxation Response" when he noticed that his patients started to improve after activating the parasympathetic nervous system. He also encouraged his patients to engage it in order to achieve "remembered wellness".

Kelley taught Joan a simple process wherein she could quickly and with little effort move her autonomic nervous system into a "rest and digest" state. The technique Kelley used is known as autogenic training (we introduced you to it in our chapter on inductions and deepeners) and employs a series of suggestions that progressively draw attention to various parts of the body and demonstrates a client's ability to create changes in sensations in those parts.

Autogenic training is useful not only as an induction but as a teaching tool; our goal is to empower our clients so that they leave our presence enlightened and equipped with a variety of powerful self-directed ideas to continue healing.

Kelley used this technique to guide Joan in relieving any physical discomfort she may have been having, creating an atmosphere to allow her mind to be relieved of any mental and emotional distress. Together, they continued on to an alternate universe where Joan was able to enjoy stepping not only back into the active lifestyle she had once had but also into a current existence in which she resumed simple activities such as she had described; taking a Virtual Reality Hypnosis excursion to the local farmer's market was delightful. Joan experienced a vivid interaction with the people, the products and the environment that was reflected in a happy and energized expression that Kelley had not previously witnessed.

While it is healing and rewarding in multiple ways to be able to step into these alternate or parallel multiverses, it is also desirable to bring back helpful components along with being able to return there, at will, especially for people like Joan who are imprisoned by their physical bodies. Kelley showed Joan how easy it is for her to use the autogenic training exercise to transcend the physical and then access the universe of her choice, which is malleable (suggesting that variety is a good thing and inferring acceptance of change).

We discuss and demonstrate how to quickly access multiverses on your own in our self-directed Virtual Reality Hypnosis chapter. As Joan discovered, once you grasp the value of engaging in these trance experiences, you will find little excuse not to!

Playing with Dolphins

Turning into an animal (transmogrification) need only be *suggested* in order for imaginatively evolved people to develop the sense of strength and empowerment as an eagle soaring over valleys and mountaintops, or to de-stress by cavorting among a school of dolphins as if they were one of them.

Kelley had been working with a client who initially asked for help with weight loss. It's not unusual for people to present with one issue that is merely symptomatic of other, deeper problems. In this case, Jen was the primary caregiver for not only her husband, but a child who was born with a congenital disability. Jen had spent decades putting others first and in the process, had neglected her own health.

While making some changes to unhealthy eating habits and a rather sedentary lifestyle were important, Kelley suspected that what really needed to happen was addressing Jen's Fun Deficiency Disorder. Jen had forgotten how to dream and play…pretty much about the time her mother died when Jen was a young teen.

Eventually, Jen was making gains with her health improvement as she felt better and lost weight, but bad knees and Fibromyalgia limited her mobility. She longed to be able to be comfortably active, so one day Kelley asked if she would like to experience an alternate universe – a place where she could really let go and enjoy her dream life. Jen was enthusiastic and agreed, immediately mentioning her love of the ocean and of whales and dolphins.

Kelley proceeded to guide Jen into a Virtual Reality Hypnosis journey, taking her to an infinite "Sea of Love", where at first, Jen floated, buoyant and weightless, letting all discomfort, all tension, drift away. The journey went something like this:

> *And in this Sea of Love…this perfect place that belongs just to you…you float…and drift…finding that you become more and more comfortable… in fact, the more you drift the better you feel…it's almost as if you are weightless, because there is such a deep sense of comfort moving now through your body and your mind…a dawning realization of how unimportant all of those things that you left back in that other universe are…how miniscule, how minor…and the only thing that matters right now, right here…is you…floating comfortably…beautifully…*

PAUSE

> *And eventually, you become aware of a growing sense of wonder… dawning, like a brilliant sunrise there…making the water sparkle…and causing your skin to begin to tingle with anticipation…as you still float easily, safely…And you see a small flash…there…near the horizon…a small flicker of white against the deep blue of the sea…and then another…and another…and the small splashes come closer and you begin to smile…from the inside out…as you realize that swimming toward you…with joyful abandon…ready to play with you…is a pod of dolphins!*

Jen then spent several minutes frolicking with her new friends, able to dive down into the waters and swim beside them, unfettered by human limitation. Even a few minutes in Virtual Reality Hypnosis can seem like an hour, and by the time she indicated that she was ready to rest, she felt simultaneously exhausted and energized.

Upon surfacing, Jen said, "*I feel like I was really there! It was the best experience ever!*" Kelley reassured her that she could return there whenever she wished – that Sea of Love was always available to her and in fact, the more often she returned, the better it would be. There just is no limit to the vast potential of loving, healing experiences that exist in the Multiverse!

Several months after introducing Jen to her "Sea of Love", Kelley met with her and asked how the Fibromyalgia was doing. Jen paused in surprise for a moment and then said, "*What Fibromyalgia?!*"

Additionally, Jen shared that she had replicated her journey to animal-populated universes, where she was able to run with wild horses, fly with snow geese and even recline in a jungle swing while friendly monkeys chattered about her. Each such experience served to continue to lift her into a happier and healthier chapter of life.

Where, O Death, is Now Thy Sting?

As noted, some of the clients that Kelley works with have serious physical illnesses and so have been referred by their medical doctors for hypnosis to reduce the related suffering. Pain, stress, anxiety, fear, sleeping and eating difficulties are often endemic in these cases.

And, for some of these people, death is imminent and we can greatly help a client who is open to an approach that includes a death rehearsal. Most people who have faced their worst fears find a deep sense of acceptance and peace, along with the reassurance that they will be okay even when experiencing death.

The truth is that what many people really fear is the *pain* of death, not death itself. Other emotions that may upset them are grief at losing life and connection with loved ones and guilt over regrets. There is much that we can do to facilitate lessening the latter feelings and by using a Virtual Reality Hypnosis death rehearsal, we can certainly alleviate any fears with the former.

It is not suggested that you offer this process upon first working with a terminally ill person; it is best used when rapport and some past success with hypnosis has already been experienced. As you can imagine, being a guide through a death experience requires trust, so an established therapeutic relationship will be beneficial. At some point, when both your hypnosis partner and you know that death a) is imminent and b) is a concern, you can broach the topic and offer the experience.

You will want to reassure them that the death rehearsal experience will be congruent with their own belief system and that they will be comfortable at all times. It’s a good idea to refresh any protective mechanisms that you may have taught them, such as a protective shield or any other guarding device that utilizes their own preferences.

Be sure to take advantage of expectation and suggest that, following this experience, your hypnosis partner will feel calm and at peace. Clarify the difference between resignation (quitting) and acceptance, making the case for reserving energy for making the rest of their life experience the best possible, however they envision it.

Kelley was asked to help a woman deal with the extreme pain levels associated with her recurring bout of oral cancer. A ten-year breast cancer survivor, Eleanor was a strong-willed woman in her 70's who was determined to beat this current assault on her body. Following a surgery to remove the cancerous tissue and bone in her mouth, she was left with part of her jaw missing, making salivation and eating virtually impossible, along with being psychologically devastating to a woman who cherished her physical looks. She was exhausted and unable to travel, so Kelley visited her at home where she was attended by a visiting nurse.

Standard stress and pain relief approaches were utilized to help Eleanor gain comfort and even begin to be able to eat semi-solid foods but one day she confessed to Kelley the thing which was really bothering her, confessing, "*I was a real bitch back in the day!*" She went on to explain how she had, earlier in life, lived a mean-spirited and selfish existence and it was only now, as she lay in her deathbed, that she was coming to terms with the choices she had made. It was easy to do, as the few family members she had refused to come visit and her only friends were ones she had made recently through her donations to local charities.

Bitter feelings of guilt and regret kept surfacing in Eleanor's mind, further adding to her misery and discomfort. She also told Kelley how she worried that her previous actions may exclude her from entering the Kingdom of Heaven, despite her pastor's assurances that God has long forgiven her. When Kelley suggested that they use hypnosis to see whether her pastor was correct or not, she eagerly agreed to have a practice run.

As Eleanor entered a hypnotic state, her body visibly relaxed and Kelley observed her skin tone take on a healthier glow, a small smile appearing on her disfigured face. Tears slowly drifted down, leaving shiny streaks like afterglows of comets. Suggestions were offered to leave the body behind and soar up into the heavens, back to whence she had come – to the Universe of all Universes, the Kingdom of Heaven. Kelley then offered that Eleanor

would find whatever angels, guides or other desired presence she needed to help her make peace with her past, allowing her plenty of time for that.

Further suggestions were made that in this place, she could release any remaining fears since she was now already experiencing all of the beauty, all of the joy, all of the love that is possible to experience in a lifetime and more. She was also told that she would be able to remember these feelings and take them back with her, and allow herself to experience them many times, for as long as she continued to exist on Earth.

After guiding Eleanor back and into her own failing body, Kelley emerged her and they sat in silence for several minutes. Allowing for plenty of time to make a comfortable transition back into everyday awareness is valuable. After a while, Eleanor wiped her eyes with a tissue and said, "*I'm a good person and I'm not afraid anymore.*"

It was a bright and cold January day when Eleanor died. Kelley got the news with a phone call from her neighbor who also mentioned how happy she was that the suffering was over. Little did that neighbor know that Eleanor's suffering had been transcended several weeks before, during a brief, yet powerful, visit to the Multiverse.

Chapter Thirteen

Space Metaphors for Comfort

Ground Control Room

This classic approach is instructional in nature, providing the client with the experience of learning how metaphorical thoughts and imagery can shift perceptions and even physiological responses. Following is an example of how it may be used for inducing physical comfort, but you can imagine how it can be applied for just about any physical or emotional component.

This is an interactive technique, so a light state of trance is all that is needed

to suspend disbelief and entice the client's imagination. Kelley uses a conversational approach to talk about how her client's body can be thought of as being "the vehicle of your life." When planning to take a client who suffers from chronic pain to another, more comfortable universe, she will even go so far as to suggest that "*your body is the ship, or the transporter, of your life*".

Using Buckminster Fuller's description of Earth as "Spaceship Earth" that is hurtling through space, it's easy to have a client imagine one's own physical body as a subset of our planet, so that they sense how they also are moving through space.

Following an induction that elicits a relaxation response, introduce the idea of a "control room" of sorts, within the client's inner mind. You can use some imagery such as a gateway, doorway, etc., depending on your preferences. Guide the client into this space. We like to add patter such as, "*notice that this room is vast...unlimited, limited only by your imagination, which is limited...*"

If you want to utilize the space travel metaphor, you can certainly suggest that the client is within their own, private space capsule. Help them launch further into an even more comfortable space with suggestions of leaving all discomfort behind as they move deeper into that comfort space…eventually drawing their attention to the various instrument panels…

Sample script:

> *Notice that the walls of this space are lined with banks of softly flashing, colored lights...instrument panels...dials, levers, gauges of types...I want to tell you that this control room monitors and regulates everything in and about you.*
>
> *One area measures, calibrates and adjusts all of your physical functions...everything about your body is controlled in this area. Another area is in charge of your emotions, your feelings. Still another section of this Control Room addresses your beliefs, your hopes and dreams.*
>
> *I'd like you to focus on that area that controls your physical body...your anatomy...In fact, please focus in on the controls for your left hand...*
>
> *Let me know when you have found the controls for your left hand...*

Allow some time here.

Good. Now, you will notice that there are many ways that your left hand can be and feel. You might see some controls for the strength or the weakness of your left hand...you might see some controls for the tension or the relaxation of your left hand...perhaps there is an itch adjustment for your left hand...You will also notice that there is a temperature gauge for your left hand. Look and see what the setting is right now. It may appear to you as a digital read-out or it may be in some color spectrum or identified by specific words. The control mechanism may be a dial, or a gauge or a lever...Just notice the temperature of your left hand...right now. Let me know when you are aware of this.

Good. Now, what I'd like you to do is turn down the temperature of your left hand. I want you to turn it way down. Just adjust that temperature control down. I want you to turn it down so far that you soon notice a sense of cooling coming in. You may notice it first on the top of your hand, or perhaps in the fingertips or maybe in the palms. Just notice as your left hand starts to cool. Really turn that temperature down...so that in a little while, a sense of numbness begins to arrive. A sensation of no sensation...numb, like when you have your gums numbed at the dentist. Or, if you like, the feeling you might get if you put your entire hand into a snowbank...or a bucket of ice water. So cold, so numb...now. Some people even notice that it starts to feel as if there is no hand...or, that it feels like a block of wood...inanimate...totally numb. Let me know when your left hand is so numb, it almost feels like it's not there...

Allow enough time for this to occur.

Great! Isn't it interesting how adept you already are at controlling your body sensations? Why, it only took a short while for you to bring all of that numbness into your hand! Wouldn't it be helpful if you could do that anytime you wanted to? In fact, wouldn't it be wonderful if you could then transfer that feeling to any other part of your body...some part where you wanted to have some numb feeling, some relief?

Of course, it would...and you may not be surprised to know that you wouldn't even necessarily have to move that numb hand to that body part...that you can just think of it transferring that numb, sensation of no sensation to that area and very quickly gain that numbing relief. OR,

*you might decide to just go straight to the controls for that body part and let the relief come right in...**that** might even be the way you decide to go...*

You can now help the client address certain areas of discomfort, while also giving the caveat that this approach should not be used in lieu of medical attention when needed.

You really have to hand it to your mind...because your mind knows how to make you feel better when you decide you are ready and now you are ready to start to warm up that left hand...So, just turn that temperature back up...move it back up to the original degree...notice how the feeling comes drifting quickly back in...so that you are becoming, once again, aware of the feelings of your fingers, your thumbs, the palms...and the backs of your hands. Nice.

Of course, it might be fun to see what it feels like to warm your left hand even more...turning that temperature up even more now...really crank it up...let your begin to get hot...feel that warmth, that heat flowing into your hand...completely...You may even notice the outside air feels like it's chilled...Perhaps you imagine warming your hand next to a crackling bonfire or submerging it in a hot, sudsy bath...Very warm...even hot...now...Maybe there is even a bit of perspiration forming between your fingers or on your palm...So hot...Let me know when your left hand is very warm and even hot...

Excellent! You are so good at this. When you are ready, you can turn back down the temperature of your left hand...let it return to the perfect level for you. You now understand that you can adjust how your left hand and how any part of your physical self is feeling, simply by coming to this Control Room and accessing the controls. You will even notice that you are not limited to just one modality for your body. For example, you can certainly turn down the discomfort and turn up the comfort...or you can turn down tension and turn up relaxation...can't you?

You are the one who knows your body best...you may decide to choose a numb feeling or you may realize that a feeling of warm relaxation is more helpful. But what you have certainly learned here is that you are the Boss of You. You can choose how you feel, at any time...and the more you practice and play here in this Control Room, the easier it

becomes for you to elicit the feelings you want.

In fact, I wonder if you even know how easy it will soon be for you to simply imagine the controls and quickly adjust them...and this helps make your life experience even more comfortable, more joyful...after all, that's what you desire and you deserve it! Everyone deserves to live in comfort and joy...

Let your client linger here in this universe of comfort – perhaps playing with the different control mechanisms or maybe just being here, with nothing they need to do but take advantage of the healing, soothing properties of this level of relaxation.

Kelley might eventually do some future travel here, guiding a client to explore times when they easily access states of comfort and at the very least, further implanting ideas of being able to find comfort and relief with the use of resonating anchors. As the client is guided back to normal, waking state, repeated suggestions of being able to re-create the experience are provided.

The above process is perfect for self-application, too. You can follow our guidelines in Chapter 14 …

Virtual Reality Poetry Instead of Pills

Agnes, an 84-year old woman, called Kelley in desperation when her doctor denied a prescription renewal for her pain-reducing opioid medication. Recent opioid overdoses in the State of Washington had prompted the tightening of prescription guidelines and doctors all over the state were leaving their patients hanging, without other options for pain relief.

Agnes was desperate: she suffered from hip joint deterioration, along with a heart condition that made her ineligible for corrective surgery. Her pain medication had been helping her cope with the constant ache and being without it meant long nights of no sleep and days of agony. She told Kelley, "*I just don't want to live like this!*"

Along with the suffering caused with the physical pain, Agnes also felt a sense of abandonment and even betrayal by her healthcare providers. Her thoughts constantly cycled around the injustice of leaving an elderly woman without relief from her pain. Her feelings of resentment toward her doctor in

particular was adding fuel to her pain fire.

Kelley explained to Agnes the dynamics of how her brain was receiving the pain signals through her nervous system and that they could use hypnotic approaches to interrupt, detour or otherwise change those signals. Agnes quickly agreed to engage in hypnosis with Kelley; hope was already turning into belief and she stated that she "already felt better". It's true that making a safe place for a client and engaging in what Carl Rogers described as *unconditional positive regard* for one another nearly always results in spontaneous relief.

Kelley proceeded to explore what it was that made Agnes feel better in her life, what floated her boat and lifted her spirits. She was delighted to hear of Agnes' love for poetry and when Agnes began to recite from her favorite poet, Elizabeth Barrett Browning, Kelley knew the direction for their hypnotic journey.

Beginning with an Autogenic Training process, in which Kelley taught Agnes that she could create desirable sensations in her body through her thoughts, Agnes quickly found comfort and relaxation that allowed her to mentally engage even further. From there, Kelley moved her into an alternate Universe where she got to meet Browning, spending some time visiting and discussing the poem, *The Dead Rose*. Agnes recited the poem out loud, smiling as she impressed its author with her ability to recall it from memory.

Many minutes transpired as Agnes lingered there with Elizabeth, trading secrets that were only hinted at by Agnes' occasional giggles. Kelley waited patiently until she was signaled that it was time to conclude the visit, at which point she guided her client back to current reality, adding suggestions that Agnes could, on her own, return to that universe and visit with her friend any time she wished. In fact, by merely, reciting one of her poems, Agnes could experience all of the pleasure that she had just enjoyed.

Agnes' love of poetry proved to be the special ingredient in the recipe of relief that was manifested in that alternate Universe and she continued to be able to manage her pain suffering on her own.

Sea of Love

Kelley uses journeying to another universe to help clients who have chronic

issues with pain or insomnia. In addition to providing them a healing respite during a session, clients are taught how to recreate increased comfort and sleep-inducing states for themselves. Any progressive relaxation induction is suitable to start the process, but Kelley has an affinity for an Autogenic Training induction, following it with:

> *and as you drift there...relaxed...breathing gently in and out...nothing to think about...nothing to do...just letting go...with that lovely feeling of heaviness in your arms and legs...as if they are comfortably sinking down...and then a feeling of floating...that is safe and secure...as if your body is just sinking down and down...totally relaxed...just letting go...while allowing your thoughts to drift away...nothing to do...nothing to think about...this is your time...and you have all of the time in the world...*
>
> *just enjoying this easy, floating relaxation...and as you relax each and every breath relaxes you even more...as your mind drifts deeper...and you notice how this wonderful feeling of drifting down...and across...time and space...begins to make you feel weightless...and timeless...*
>
> *Floating now…beyond this world…into another, alternate Universe… where you can imagine being at the edge of…a sea of love…an endless, brilliant, sea of unconditional, everlasting love…*
>
> *Feel yourself wandering here now...strolling along the shore...as you enjoy the texture of the fine sand beneath your feet and the caress of the warm water on your toes...*
>
> *A soft breeze stirs your hair...and you breathe in the air...a deep, and complete sense of peace and calm is now coming into your body and mind as you drift naturally here in this marvelous place...*
>
> *The iridescent shades of color are so captivating...and relaxing...and the purest shade of the most amazing color radiates upward from this sea of love...filling the expanse around you ...and far off...over the*

horizon...shimmering stars and glowing planets float easily...and you float along easily, too...moving along that sea with ease and comfort...each step bringing you further into the deepest sense of relaxation that you have known in a long, long time.

And eventually, you decide to venture into that warm and brilliant ocean...moving slowly into it...submerging your feet and ankles...the warm, gently flow of love massages and relaxes each and every muscle and tendon...you go deeper, allowing this comforting sensation to travel up and around and through your calves and shins...and deeper still, around your knees...

This gentle, soothing love moves deeper still, with the perfect temperature for you, encompassing and caressing your thighs...your hips...removing any tension or tightness...each and every muscle and joint becoming loose, limp, and relaxed...

And now this beautiful sensation is moving up your torso, your chest, your ribs, circling your spine, between your shoulder blades...its magical touch is reaching deep within you to calm your internal organs....and you lie back ...allowing yourself to float...feeling the sea of love support you as it continues to ease and relax your arms, your hands...now your shoulders and moving up your neck...easily, soothingly...even the back of your head and your entire scalp is now relaxing...all tension leaves your face, your jaw...as you float there…

You notice that as you breathe, the sea breathes with you...and you move together with a soft and gentle motion...and you feel so safe...so secure...here in your ocean bed of comfort...

Perhaps you can feel how perfectly soft and warm your hands and arm feel right now...in this healing water...and your feet...your legs...suspended...yet supported...so relaxed...so absolutely comfortable...

And feeling the movement of this sea beneath you and all around

you...flowing gently...up and down or maybe back and forth, with your breathing...you can float here...in total comfort...and you can let your thoughts drift away to whatever notion or idea you choose...while your body continues to relax even more...and when your body relaxes in this manner...it's so easy to let your mind relax even more, too...it's so easy to understand the value of letting go...of giving yourself permission of experiencing this wonderful sensation of being rocked gently...

As you realize that in this amazing place…you are totally and completely in touch with all that you are and all that you can be…with a feeling of being part of everything and everything a part of you…filled with complete, unconditional love…you are fulfilled, whole and feeling fine …better than fine…

As you now also understand that you deserve to feel all of this love that was meant to be yours…meant to be experienced here in this vast, unlimited sea of love…taking it all in…taking it all in now…

Pause for several minutes…

And as you return from that universe, back to whence you came, you will bring back the memory of all of this love…so that in the future, whenever you bring this experience to mind...you will recall how complete, how loved, how loving…you feel...every time...and your body will relax...your mind will relax...for as long as you want...a moment or an hour...you can choose to slip into this beautiful sea of love...mind and body...whenever you need to...whenever you want to…

Chapter Fourteen

Self-Directed Virtual Reality Hypnosis

The Hypnotist as Personal Trainer

If, as Michael Yapko says, all communication is hypnosis, then the hypnosis in the environment our clients are returning to may be strong enough to overcome our best efforts. When clients leave our office, they often return to the "toxic soup" which gave rise to the stress-related problems such as smoking, insomnia, or weight management, that sent them to us in the first place.

We often tell people getting out of prison or rehab to change the people, places, and things in their environment so that they won't come right back again

Family systems theorists like to point out that when an *entire family* is dysfunctional, the person who seeks outside help may be the one who has been designated as the "identified patient," but this is often the healthiest one in the lot.

Our conscious thought processes *need* to take regular breaks and we can take advantage of what nature has built into us – a rhythmic cycle of activity and rest. Many people are familiar with the Circadian Cycle, which regulates our sleep patterns, but another interesting rhythm within us is the Ultradian Rhythm.

In our modern, high paced, culture, productivity is of great value. When we need to take a break, signals such as loss of focus, hunger, thirst or restlessness are often ignored and instead, people reach out for artificial ways to stay on point, including caffeine and unhealthy foods. The body then begins to draw on stress hormones to help, which sustains being in sympathetic nervous system arousal. In turn, this response wears on the natural capacity to self-regulate body functions and emotions. In the fight or flight response, one is less able to think objectively and begins to react, rather than respond to life.

And, even worse, due to the conditioned wiring of such states, when people don't have to be working, they fail to allow themselves to really relax!

To operate at our best, it is necessary to take a break about every 90 minutes

or so. The conscious mind will actually do this, often below our awareness. Think of times when you noticed that you had “spaced out” or caught yourself daydreaming.

Ernest Rossi conducted research on this topic and even coined the phrase, “The Ultradian Healing Response”. He prescribed a 20 minute break every 90 minutes or so to recharge the mind and body. For people whose lives are just too busy to afford a 20 minute break, inserting brief recesses periodically during the day can achieve similar positive results.

Empowering a person not only with the skills to self-regulate in our presence but when they are back in their “normal” environment is crucial. If the negative energies of modern life are a constant bombardment that erode and hinder the nervous system, then it’s imperative that people learn how to stay ahead of the carnage.

A primary focus of Kelley’s HOPE Coaching program involves a series of brief, easy-to-use, self-directed Mindful Hypnosis techniques for a client to apply several times throughout the day to restore their mind-body and, more importantly, stay ahead of chronic pain, anxiety, tension and stress. We suggest they call it a recess and ask them when they think would be good times to fit it into their schedule.

While it’s probably easier (and maybe a bit more fun) to have a multiversal guide like Don or Kelley or any other competent hypnotist, there are certainly ways that you can utilize what you learn in this book on your own.

Self-Directed Virtual Reality Hypnosis Guide

Perhaps you are reading this book because you are someone who helps others and you now have some new ideas to add to your toolbox. If so, you also are aware of how important it is that we take some of our own medicine on a regular basis, so this chapter will help you become even better at self-hypnosis and be able to apply the principles and practices we have offered within that venue.

Maybe you are just curious about how to enjoy Virtual Reality Hypnosis on a personal level. The preceding chapters and real client stories have probably demonstrated the wide variety of uses for our techniques and hopefully made

the case for you trying it for yourself!

Often the purpose of a hyperempiric experience is just for pleasure and exploration but you can certainly use it to improve yourself in many ways. So first you need to decide what your motives are for engaging in Virtual Reality Hypnosis. Some of the things people typically use it for include:

- Restoration and Regaining Lost Sleep
- Releasing Limiting Thoughts or Beliefs
- Creative Problem Solving
- Enhancing Skills
- Increasing Focus and Motivation
- Reducing Stress and Anxiety
- Eliciting Healing

Once you have a goal in mind, spend a few times clarifying it to yourself. You can ask yourself some basic questions:

What will I have once I achieve or get this goal?

What has to happen in order for me to be successful?

How will I know when I am successful?

Is there any reason why I should not be successful in this area?

Do I believe I can be successful, and how much do I believe this? (Rate it from 0-10)

Depending on your responses to the above, you will gain insight to specifically what you want, what might be in your way and what needs to happen to create success.

Self-hypnosis works due to the following ideas that you, and you alone, subscribe to:

- You believe it can be effective for you.
- You expect that it will be effective for you.
- You practice it, often.

Becoming good at self-hypnosis means that you can easily access alternate and parallel universes because you have conditioned your subconscious to be receptive to your conscious wishes. This takes some practice, like with all worthwhile endeavors. For example, while there are some rare souls who can play a piano like a virtuoso without the required instruction and practice, most people need to expend time, energy and focus in order to become a decent musician.

One of the surprising benefits of practicing self-hypnosis, however, lies in how quickly things can become easy, natural and automatic. As you train your mind to be able to engage in Virtual Reality Hypnosis, you will suddenly find yourself experiencing desired thoughts and feelings *outside* of the self-hypnotic state. These better, improved states of physical, mental and emotional being will actually become your new normal way of living!

You need to decide when and where you will engage in Mindful Hypnosis. It's best to do it when you will not be interrupted, in a place where you feel safe and relaxed. Some people like to start their day with self-hypnosis, some take a midday break with it and others enjoy ending their day with hypnosis. Experiment a bit to discover your personal preferences.

Traveling to an alternate or parallel universe just prior to falling asleep can be very powerful; this "hypnogogic" period, between awake and asleep, is when the subconscious is easily accessed. That's why we are warned, "*Never go to sleep angry.*" The last thoughts and emotions you engage sink right into your inner mind. This is also why telling yourself at night to wake at a certain time in the morning works so well: those thoughts slip into the subconscious, which activates your conscious awakening on time.

While drifting in the Multiverse for an hour is a wonderful thing, even a brief, ten minute excursion can be powerful when it comes to healing and creating positive shifts. You can give yourself a specific suggestion regarding the length of time in which you want to visit the Multiverse, such as:

> *I will enjoy the next fifteen minutes, exploring another universe in comfortable delight.*

I give myself permission to spend the next hour in an alternate universe where my subconscious mind can make desirable improvements in my body, in my mind and in my life experience in general.

Note: If you are suffering from a chronic issue, such as pain, anxiety, sleep challenges, etc., you will want to engage in regular Mindful Hypnosis practice. It is the repetitive nature of doing so that helps to rewire your brain and your nervous system, resulting in improvement.

So, when you are ready, turn off distractions (even your cellphone!). If you want to have some background music on, that's fine as long as you aren't being sidetracked by it. Sit or lie back comfortably, in an easy chair or on a sofa or bed, ideally with some head support.

Choose a spot upon which to fixate your vision. Doing so promotes an immediate cue for perception shift and outside awareness will automatically diminish, although at times you may notice that you do pay attention to sounds in the room or even outside of the room. These things can just remind you that life is going on normally around you and you can bring your attention back to your self-hypnosis.

A simple method to induce self-hypnosis is to use fractionation (we talked about this in Chapter 4) along with counting your breath. Here's how:

Employ a "rhythmic" breathing process to help move your nervous system into The Relaxation Response. Breathing in and out through your nose, inhale to the count of 5, hold your breath for a count of 4 and then exhale to the count of 5. As you inhale, open your eyes and as you exhale, close them.

Along with this, tell yourself, "*My eyelids are getting heavy. My eyelids are becoming heavier and heavier.*"

Keep your thoughts on counting the numbers. We hypnotists love numbers for many reasons, the primary one being that they afford an effective way to begin to ignore distracting sounds and even thoughts. Some experientially-gifted folk enjoy adding a bit of imagery to the number-counting; you are not

limited to sheep, however, so you might choose to view the numbers as clouds drifting down to the horizon, or, that the number is written in the sand and a gentle wave erases it, revealing the next number.

Focusing on a growing sense of comfortable heaviness or even a safe, sinking sensation can also help move you “deeper”. Whatever method feels good to you is probably the most useful for you.

Keep counting your breath and the numbers until your eyelids become so heavy that you find it very difficult, if not impossible to continue opening them. At this point, allow yourself to let go further and keep them closed. You may notice that at some point, you forget to remember to count the numbers and that’s just fine.

When you are ready, imagine moving your mind out of your physical body. Pretend if you have to – it works! You can imagine the perspective of viewing yourself from above, as if you are floating up near the ceiling and looking down, observing your body relaxing down there. Take a bit of time and notice what you notice about yourself. If this makes you feel insecure or disconnected in an uncomfortable way, imagine a thin silver thread that is still connecting your mind to your body.

Before you go further, review your motives and goals for this experience. Clarify what it is you are hoping to find or experience as you access the Multiverse.

When you are ready, project your mind upward and outward, as if you are moving at a great rate of speed, higher and higher, toward outer space. Enjoy the view below and all around you as you gain momentum, beginning to soar upward, leaving Earth behind. Imagine yourself as being part of the entire universe. You can do this by moving your mind out into space…You can imagine planets and solar systems rushing by as you continue to move through universes at a high rate of travel. Go as far as you can go, until you pause…

And look back in the direction you came – what do you see? What does it

feel like to be part of the Multiverse? Imagine that the suns and planets are actually your body cells, filled with an intelligent, loving energy that responds to your command. Let it move through you and imagine directing it to whatever desire, goal or resolution you have chosen.

Note: You may prefer to follow the colors of the Rainbow to the Multiverse, as described in Chapter 5.

Now, here in this Universe of All Possible Universes, visualize your dream actually happening as you apply all of that life-force toward it. Memorize your success and imprint it deeply in your mind…so that your subconscious can make it become a reality in your life.

This is the really powerful part of your Virtual Reality Hypnosis journey, so take your time here. Explore. Discover. Create. Re-script. The possibilities are unlimited, limited only by your imagination, which is limitless. Don't be surprised if you encounter some things that are nonsensical; after all, your imagination is not the seat of logical, rational thought!

When you have visited here for a satisfactory amount of time, turn back in the direction from which you came and follow the colors and/or imagery back home.

You will find that you naturally come back to awareness when the time is right. Some people linger in a state of healing suspension for a while and may even drift further into sleep. Others may pop right up out of the hypnotic state, while others may surface slowly. There is no standard for ending a Virtual Reality Hypnosis experience but what is important is that you take a few minutes to reflect on how interesting, exciting, satisfying or otherwise helpful it was for you.

These moments directly following hypnosis leave your subconscious mind extremely receptive to positive thoughts and suggestions, so you will want to review and reinforce your desired goals and outcomes. It's also a good idea to thank your mind for allowing you to experience this fantastic journey and to suggest that you will be able to do so even more easily next time!

Clouds in Another Universe

Kelley created this experience to help people move to an alternate universe where they receive not only the physical healing benefits of hypnosis, but they can also tap into a wonderful aspect of the inner self – that ability to connect to feelings of childlike joy and wonderment…lifting spirits and leaving a client with a sense of peaceful awareness that they may not have experienced for quite some time. This approach can provide an ecological way to revivify childhood experience without being in danger of regressing to past trauma.

You can apply this for yourself by engaging in the earlier template for self-hypnosis and then imagine the following:

> *Now, here in this blissful state...let yourself arrive on the most perfect....most comfortable bed of that you can imagine....the most ultimate comfort you could ever experience...lying back upon it now....warm, dappling sunlight touches your skin and you feel so comfortable, so calm...*
>
> *You are perfectly comfortable...suspended in a state of floating euphoria...feeling weightless...timeless...you have all of the time in the world...you don't have to do anything except just... this...breathing easily...taking in the lovely feeling of calm and comfort...letting go of any tension that is remaining in your body ...and...in your mind...loose, limp....relaxed....*
>
> *As you gaze upward...you notice a cloud has drifted overhead...its appearance transports you back... to a time when you were younger...a time when you used to do this so often...just lying there…and I don't know whether you're lying on a grassy hillside, or in a hammock, or in a chair in the deck of a cruise ship…and begin to daydream...watching the clouds ...imagining the shapes as they reveal animals and ships and other fantastical things...*
>
> *...and that younger part of you is so delighted to have you back...for a*

while...resting here on your soft, safe bed...enjoy yourself now...let your imagination spark into the same creative power you enjoyed when you were younger...the only thing on your mind right now... is the wonder and the beauty of these clouds...

Watch them float by...what do you see? Can you feel yourself ...nearly...floating...with them? What a wonderful feeling... being here...exciting and relaxing...at the same time...

How about that cloud?... isn't it lovely? …do you see something special there?...do you feel it so deep within you?...the meaning of that cloud...the message it sends to you is clear ...and special...you take that message in…memorizing it with gratitude…knowing that whenever you wish…you can bring this thought to mind and body…keeping it permanently within you…even as that messenger cloud drifts away from your awareness…leaving you feeling even more wonderful…

and you notice a particular cluster of clouds now…a small family of multi-colored formations floating near, extremely delicate and light, in a way that seems too perfect for this world…rich shades of purples and grays give weight and balance to the bottoms of the clouds… while the upper edges are pale and light, nearly transparent…in fact, you notice a rim of brilliant light along those upper edges…just like when you look toward the sun with your eyes closed and you can still see the outline of the sun…and while you watch, these heavy clouds move and shift… the deep and mysterious pondering of their weight seems to have a life of its own…like it is directing the flow and the movement of the clouds…

A sense of portent hangs in the air as the cluster looms directly overhead now…and you watch with anticipation…feeling the pressure build as the clouds undulate above, the colors deepening even more… and suddenly, the cloud cluster opens, a small window now appears in its center and from it, a glowing beam of golden light descends… piercing through the dark cloud frame…illuminating a swath that extends directly toward you…

Your child-heart claps with joy to view this amazing sight...and now, you feel a warm vibration as this powerful, brilliant energy of light moves right into the very center of your mind...and it grows...even as you aware of those dark clouds receding into the distance now...this glow remains and begins to fill your mind with a powerful and incredibly delightful sensation… and you feel your whole body respond to it...

And as you lie there...treasure this feeling as it flows… into the rest of your body...you can feel the glow moving steadily, traveling now from your head to your shoulders...into your chest...down your arms...filling the spaces with such a sensation of warm, loving light...feel it continue around under you, gently entering your spine, circling into your internal organs...steady...soothing...

The glow is moving down further...deeper and deeper ...touching the deepest parts of you...lighting them up with its energy and vitality...you feel so young, so healthy, so rested...rejuvenated. Sense the light caressing your hips and thighs as it enters your legs...moving into your knees... calves ...ankles...your feet tingle as it reaches your toes and you smile over the delight of your sensate body.

and the clouds still roll by...and you love watching them ...recognizing the shapes...the shadows...the different colors as the edges are touched by sunlight...sometimes one or two meet, for a bit...sailing together for a while...other times a cloud seems so alone...isolated...watch as the clouds evolve...change ... becoming ever more glorious in their new creations...you notice each is unique...each is special...each is loved...right here, right now...by you.

And you breathe deeply...noticing how wonderful you feel...how very much at peace you are...in fact...you are so very relaxed that each and every word that I say becomes your own thoughts...

You will awaken from this restful, deep sleep feeling rejuvenated, experiencing a new clarity of thought...with a complete sense of calm

throughout your body and your mind.

Please notice…that…starting right now...you are confident... you feel strong...powerful...calm yet energized...and from this new, enhanced point of view you know exactly what you need to do to experience life in the best way possible. You are putting yourself at the top of your list...knowing and understanding that when you care for yourself...you can better handle all of your other responsibilities.

You are now taking care of yourself in new ways...noticing how you can feel calm and comfortable any time that you wish...You are now enjoying your life in a new way...feeling wonderful…it just feels so good to be you!…and this marvelous feeling of well-being is available for you…anytime…whenever you look up into the sky… and notice clouds… this feeling will be resurrected within you and all around you…just as strongly…just as powerfully as you are now experiencing…

and…in fact…not only the sight of clouds, but merely the thought of those beautiful and powerful clouds will ignite within you this amazing, wonderful feeling…and it can last as long as you desire, allowing you to relax into your life with ease and joy…

And you can drift here now for a while…floating along with those clouds…for just as long as you wish…and whenever you are ready…you can gently drift back from that universe to awareness…feeling refreshed and restored…

Age Regression Template

A marvelous application of Virtual Reality Hypnosis is to utilize age regression to re-capture shining moments of our lives. This is especially helpful when we feel that we no longer have the spontaneous curiosity, joy and energy of our younger years. We can take advantage of the idea that the subconscious doesn't care about limitations of time or even what we might think is reality – it can easily engage in fantasy with full emotional and

physical responses.

Can you imagine using these techniques to “lose the blues” after a quarrel with your boss, or to get “psyched up” for a speech or a job interview, or to find an extra measure of motivation for a difficult or boring homework assignment that you have been putting off?

To safely employ Mindful Hypnosis for an age regression experience, you will want to start by suggesting to yourself that you will be going to a time in your past (depending on your belief system, you may want to specify if this is in your *current* life, or not) when you felt a certain way or experienced something memorable and then define your reason for doing so. Imagine also that when you revisit this time, you will be *observing* your younger self there to begin with, from a distance.

Not only will this help keep you in touch with your older, hopefully more mature self, it will help you gain a wider perspective of your experience of that time in your life. Once you are assured that it’s safe and helpful, you can easily integrate into your younger self and fully re-experience whatever it is that you choose to enjoy or explore.

Begin with one of our self-hypnosis inductions, keeping your intention of age regression as a focus of your hypnosis. As you access the Multiverse, imagine that you are moving into a time and space where you can be transported back in time. Some people find it helpful to imagine the metaphor of a timeline in this way:

> *As you arrive, you notice that you are standing on a glowing, golden, translucent line. This line extends in opposite directions; one moves into your future…and the other back toward your past. The point upon which you stand, of course, is the present.*

Begin to count backwards, from 5, and as you do, rise up from that golden line and drift back into your past. Imagine that with each number you count, you reach a certain time or age in your past. Perhaps you notice spots on the timeline below you; bright spots or not-so-bright spots can be markers for particular experiences but you notice that you feel none of the emotions attached to those experiences.

When you reach 0, you arrive at your destination, hovering above a scene in which your younger self exists. You can take some time to notice everything

about the scene, including whether it is indoors or outdoors, daytime or nighttime, if others are around or if you are there by yourself.

You can notice that you know everything about that younger version of yourself – how they are feeling in that moment, what their life is like at that time, etc. You can gain that greater perspective by observing your younger self there, along with the surroundings, other people, and any other influences that are present.

When you are ready, you have a choice on how to further this experience. You can:

1) Connect with your younger self. You can get that younger person's attention (they know who you are) and spend some time with them. Perhaps there is something valuable you have to share with them. It can be helpful for that part of you to know that they will be okay, for example. Or, maybe you have some questions for them. Feel free to take them to a favorite place to talk, walk or even to play.

2) Integrate into your younger self. You can merge directly into your younger self, allowing yourself to revivify positive moments. Spend some time enjoying some of your favorite activities or adventures of your younger times, along with the wonderful emotions attached to these experiences. This is a powerful experience and you can imagine how it informs your subconscious mind when it comes to achieving physical improvements. In fact, you can anchor these feelings with a specific word or gesture so that you can access them later in an instant.

Following your age regression, you can leave the same way you arrived, by rising up out of the scene, back to the golden timeline and counting your way back to the present. You may want to linger in a place of reflection in that universe before moving back down to the universe from which you came.

An age regression journey has many benefits as you will find that you not only discover new perspectives about yourself and your life, you will gain new resources to help you deal with challenges in your current experiences. If you have unresolved trauma in your past, we do suggest, however, that you access a professional who is trained and experienced in helping you deal with it, rather than try to self-direct your own healing.

Chapter Fifteen

Conclusion and Beginning

"*Did that really happen?*" a client asked Kelley after she had been guided into a parallel universe to remove a facial tic that was preventing her from performing at her best as a dancer. When the girl returned to this universe her facial tic, which was probably motivated by an unconscious fear of success, had disappeared because in the alternate universe to which she was guided, she was able to perform well, and discover that her fear of success was without foundation.

The psychologist William James pointed out that to a newborn infant the world is "*a buzzing, blooming confusion*" of sensory impressions which have no meaning at all. Philosophers and physicists agree that what we believe to be reality is the constructions we have imposed upon it, some of which are shared by others and some are not.

Perhaps the best answer to the question, "*Did that really happen?*" was penned by the Russian writer Anton Chekhov, in a story entitled, "The Black Monk," written in 1894. The main character, Kovrin, is visited throughout the story by an apparition, whose reality he is at first inclined to question:

> For a minute they looked at one another, Kovrin with amazement, and the monk with friendliness, and, just as before, a little slyness, as though he were thinking something to himself.
>
> "*But you are a mirage,*" said Kovrin. "*Why are you here and sitting still? That does not fit in with the legend.*"
>
> "*That does not matter,*" said the monk in a low voice, not immediately turning his face towards him. "*The legend, the mirage, and I are all the products of your imagination. I am a phantom.*"
>
> "*Then you don't exist?*" said Kovrin.

> "*You can think as you like*," said the monk with a faint smile. "*I exist in your imagination, and your imagination is part of nature, so I exist in nature…*
>
> *A grand, brilliant future is in store for you men. And the more there are like you on earth, the sooner will this future be realized.*"

Now, more than a hundred years after Chekhov penned these words, the imaginatively-gifted among us are able to use multimodal suggestion in Virtual Reality Hypnosis to construct experiences from an unlimited number of alternate and parallel universes.

Millions of dollars are currently being spent by some of the world's largest corporations to develop virtual reality systems for use in education, medicine, and the military, to name just a few. Surely most, if not all, of these applications can be augmented still further if the systematic, comprehensive approach of the BEST ME technique were to be applied to these tasks for greater involvement and effectiveness.

As far as we are aware, the creative and performing arts have remained almost untouched by these applications. We can now not only guide our hypnosis partners through the experience of landing on a previously unexplored planet, or of being Juliet on her balcony, or anything else the partner might care to experience, we can also specify how much the partner will enjoy and want to repeat it, and how the cultural, inspirational, and educational effects of these experiences will be later recalled and interpreted.

From the first glow of anticipation to the enduring treasures of fondest memory, multimodal suggestion provides us with a brush with which it is possible to paint upon the canvas of awareness practically any masterpiece we may desire, using the ultimate artistic medium of all - human experience itself.

Journey to the Multiverse Recording

We have created an audio recording that will guide you to the Multiverse, enjoying a generic yet powerful, Virtual Reality Hypnosis experience. You can access it for free by going here:

virtualrealityhypnosis.org/JourneytotheMultiverse.php

As with any hypnosis recording, do not listen to it while driving or having to pay attention to other things. Give yourself permission to take some private time and turn off distractions.

We welcome feedback on this recording and on our book and you can contact either of us via our website. Thank you for being part of our Virtual Reality Hypnosis journey!

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